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# BABYHOOD:

A MONTHLY

MAGAZINE FOR MOTHERS,

DEVOTED TO

THE CARE OF INFANTS AND YOUNG CHILDREN,

AND THE

GENERAL INTERESTS OF THE NURSERY.

LEROY M. YALE, M.D.,

MEDICAL EDITOR.

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VOLUME IV.

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# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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THAT nasal respiration is the only natural manner of breathing, and that when this is not habitual something must be wrong, is a fact not generally understood. In a recent number of a deservedly popular magazine mouth-breathing is spoken of as "lazy and particularly one-sided," and "a particularly bad habit." This not only places blame where it does not belong, but, what is worse, diverts attention from a diseased condition that should receive prompt medical attention. Let it be understood that such cases need a doctor and not discipline. Respiration is unconscious, as a rule, in health, and is so little volitional that the will could not stop it if it tried. The nose, the commencement of the respiratory tract, was not only meant to breathe through, but was so especially fitted for its task that it is the easiest possible channel for respiration. The mouth, neither intended nor adapted for this, has the entirely subordinate position of a *possible* respiratory means in the event of nasal defect or disability. Mouth-breathing is neither easy nor pleasant to one with properly-formed nasal cavities, and could not become a habit in any proper sense of the term, from either natural perversity or parental neglect.

In children of feeble physique or other constitutional defect, colds and ordinary attacks of sore throat are common, and their frequent recurrence leaves the tonsils in a swollen state that does not always subside with convalescence. Each attack leaves these glands a little larger and more obstructive

than before, until the breathing through the nose is no longer possible. Secure the child against the latter evil by protecting it against the insidious onset of cold. But this will be especially difficult now that furnace-fires are being started and we are to spend several months in an atmosphere of artificial heat; difficult, as differences in temperature between different rooms and between the outer air are to be such that sensitive skins are almost certain to be exposed to shock unless great care is observed. And this brings us to say that heated air is not necessarily fresh air, that even in cold weather the air of the living-room should be frequently changed; especially is this true of the sick-room. Now, it is not necessary, in order to do this, that the little one shall be moved into another room and exposed to the risk of a somewhat lower temperature, when the skin is relaxed and a general susceptibility to chill present. A much better plan is, while the child is warmly covered in bed, to shut the window furthest from it down upon a board two to three inches wide and of a length to accurately fill the space between the lower sash and the window-frame. By this means the cold air will all enter the room above *between* the upper and lower sashes, and cannot thus blow upon the little patient.

When the dawning intelligence of the child breaks silence with articulate speech, then is that child truly born. As the little waif from out of the great unknown begins its long struggle with verbal expression, how

thankful are those of us privileged to stand at its side and attend upon its second birth ! For it seems almost as though there were revealed to us something as sacred as it is mysterious, as we witness these first efforts of the spiritual nature to illumine and dominate the physical being of the little one God has sent us. The following extract from the Boston *Transcript* so beautifully describes this most interesting period in infantile life that we are confident the music of Bettina's sweet and poetic speech will ring afresh in the heart of every mother that reads it :

"Bettina, as children have done before, has brought a word with her from the world she came from. Out of 'the sleep and the forgetting' she has remembered one term—the most important one of all to her—the word for flowers. She calls them *buldare* ; an odd phrase, is it not, suggestive of the Arabian Nights, or of musical languages far away ? This word she had before she used any other, unless it were the commonplace natural baby term for food, which, with her and with other babies as well, the Listener believes, is *num-num-na*. The Listener is not going to follow the example of a friend of his who once made a complete lexicon of his baby's early terms, from which he traced a natural language ; but he cannot refrain from noting one more odd composite word which shows an unconscious logical process, as well as, one may fancy, a pretty artistic inspiration. Bettina's first word, the Listener has said, was *buldare*—a flower ; with it came *num-num-na*—food. Bettina is very fond of grapes. Given a bunch of them she regards it delightedly, as if the grapes were flowers. Their beauty to her eye is evidently the first consideration. In that sense they are *buldare*. But when her eyes have had their feast it is time to eat the grapes ; and then they become *num-num-na*. But what to call them ? Why, since they are both things, a word must be made for them which contains the essence of the other two ; and Bettina has done precisely that, and made the word *mulna* to apply to grapes. In the mazes of these three words Bettina never trips ; and though now at twenty months she has added a good many proper names and all sorts of words to her vocabulary from the speech of those about her, she clings to these three words of her own language, in whose utterance there is more music for her friends than in all the songs that were ever sung."

The condition of our food-supply is a subject of the liveliest interest to us all, and, although its contamination through adulteration has been known and discussed for many years, we have not much more than held our ground with the sophisticators. The adulteration of milk by added water or the removal of cream is still alarmingly common, notwithstanding the active work of our food inspectors. This adulteration is the most

serious with which we have to deal, as it assails life at its very source, and at a time, too, when it can ill bear any tampering with its nourishment. Milk "bottled on the farm, in sealed jars" has excited much trusting confidence ; but it, alas ! is quite as apt to be bottled and sealed at the nearest milk-depot, or, for that matter, as we have ourselves witnessed more than once, in the milk-wagon in transit.

While the farmer's life in its free communion with nature, is thought to lift him above the frauds of his city brother, it is still a fact that the locked and chained milk-cans of country dairies, when broken open for inspection by health officers, often reveal an adulteration quite as gross as any found in city stores. The milkman who keeps his own cow or cows within city limits has been an object of much confiding trust, but, aside from his being exposed to the temptations that seem so irresistible to his fellows, the milk of city, stall-fed, cows, lodged for the most part in ill-ventilated, imperfectly-lighted stables, is by no means the source from which Baby's food should be derived in whole or in part. Indeed, experience in this country and on the Continent justifies the belief that cows so fed and stalled ultimately become affected with tuberculosis, the transmissibility of which through milk has many confident supporters. Good milk can, notwithstanding all this, be procured in very many places in New York City by the exercise of some care. It may not be procurable in the immediate neighborhood of every resident, but a little extra trouble and perseverance, surely most willingly given in the service of Baby, will be rewarded with success. But the duty of the parent has not been done if, having detected a dealer in the sale of impure milk, he simply goes his way in the search of one more honest. If he has ground for complaint he should notify the Board of Health at once, that the milk may be officially inspected, and the offender handed over to suffer the penalty of the law he has so outrageously violated. Were each parent so injured to constitute

himself a police agent to this extent, the days of milk-adulteration would be numbered.

We take pleasure in coming to the rescue of the much-maligned messenger boy by copying the following from a writer in the *Boston Post* :

"I met a messenger boy the other day lugging a big-eyed and very much astonished baby, evidently not a family connection of his, which, on questioning the boy, I learned he was to deliver at a certain house not far distant. For him this was all in the regular line of his business, and he went about it in a solemnly practical way that was quite admirable. I do not think he loitered with this burden on his hands. As for the parent who entrusted the baby to this method of carriage, he or she must have a confidence in the security of the messenger service that is nothing less than heroic. Yet I do not doubt that the baby got there safe."

The genus as known in this city has not yet, it must be confessed, attained the Boston stage of development, but there is hope that so inspiring an example will have its effect.

In the October number of *Lend a Hand*, Rev. E. E. Hale's monthly magazine of Organized Philanthropy, is an interesting account of the Hospital Cottages for Children at Baldwinsville, Mass.—"the only institution of the kind in the country, as far as known." These were started only five years ago, in a very modest way, with four patients and funds of less than \$300. From this small beginning, aided by philanthropic persons, they have gone on increasing in resources and usefulness, till they now own their land and two cottages, which had been loaned to them for three years, and have also been able to add a third building. The object of the hospital is "to provide a country home, with medical care, for the children of the respectable poor who suffer from weakness, nervous or chronic diseases, or, at a very modest cost, for those in medium circumstances who cannot afford to pay the large prices of private institutions." Out of the seventy or eighty patients who have been received during these five years, more than one half have been taken without pay. One can imagine the contrast between this bright, cheerful country home and the squal-

or and misery from which many of the patients have been rescued. The children's histories are frequently very touching. A pleasant little school has been formed for such children as are able to profit by it, and is supported by money raised in "birthday boxes" in various Sunday-schools. Its management is entirely unsectarian. There is a board of trustees, and also a ladies' board. In closing the account the writer says: "We commend this Medical Home and Hospital to the sympathies of all who feel for suffering childhood, to all who have children safe in heavenly mansions, and to all who may well give a thank-offering for the health and preservation, in happy and comfortable homes, of their own dear boys and girls." The treasurer of the board of trustees is L. B. Bradford, of Fitchburg, Mass., and the treasurer of the ladies' board is Mrs. James T. Maynard, of Worcester, Mass.

The books mentioned in our article this month on "Nursery Literature" have been very carefully selected after thorough examination of their contents; they are all such as can safely be put into the hands of children. The important business of selecting a book for niece or nephew, grandchild, cousin, or other small friend, will take time and thought, or rather should take both. Too often the book is selected merely by the bright cover, and the inside may be a grand disappointment, or even an injury, to the young receiver. We were much impressed last winter when a bookseller, in pointing out a pile of gaily-covered books, said: "That is the best selling children's book I have this year; we have sold fifty this week." We took up a copy, and the first picture to which we turned was a sleeping baby in a cradle; through a hole in the floor peered the head of a rat; the tale beneath ran thus: "Rats often bite sleeping babies. See the one in the picture. Don't we hope the baby's mother will come in time to drive the rat away!" Think of those fifty books that in one Christmas brought terror to the little ones! Better no Christmas gifts than such.



## FIRST SYMPTOMS OF THE CONTAGIOUS DISEASES OF CHILDREN.

BY HENRY DWIGHT CHAPIN, M.A., M.D.,

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AN early recognition of contagious diseases being most important, we must become thoroughly acquainted with the symptoms by which they first manifest themselves. If it is known that a child has been exposed to contagion, a careful watchfulness must be exercised until the longest period of incubation of the particular disease has passed and the danger is thus known to be over. In many cases, however, there has been no knowledge of exposure, and the first intimation of trouble is the invasion of the disease. The following is a sufficiently full description of the manner of inception in the different diseases we are considering.

### Scarlet Fever.

This disease starts suddenly, without any premonitory symptoms. The child may have a distinct chill or only complain of a general feeling of chilliness. The beginning fever in the course of a few hours becomes pretty high, rising to 102°, 103°, 104° Fahr. Severe headache, thirst, and a flushed appearance of the skin usually accompany the fever. Vomiting is an important early symptom, as it is present in a majority of cases. When this initial symptom is severe and persistent the disease will probably be of a grave type. Shortly after the commencement of the fever the mucous membrane of the mouth and throat becomes red and inflamed. The tongue is somewhat

coated, and the little papillæ that stud its surface, by their raised, red appearance, give rise to the so called strawberry tongue. The tonsils are enlarged and inflamed. The rash comes out first upon the neck and shoulders in from six to eighteen hours after the inception of the disease. It consists of numberless very minute red points, presenting an appearance that has been likened to a boiled lobster.

### Measles.

We do not see with this disease such a sudden and severe invasion as in scarlet fever. The trouble begins with symptoms due to a general inflammation of the upper air-passages, as in a cold in the head. There is rather more suffusion of the eyes, however, than is seen in the purely local trouble, and they likewise have a watery look. Sneezing is very common. A cough soon develops that may be croupy at the start; it is hardest when the rash comes out. Vomiting is not nearly so common as in scarlet fever, but there may be a dull pain in the region of the stomach. Complaint is usually made of headache. The fever does not at once become high, but assumes a remittent type, attaining its greatest elevation with the appearance of the rash. The eruption comes out about four days after the beginning of the fever, and is first noticed upon the forehead, neck, and face, thence spreading down to the rest of the body.



Raised, red papules tending to cluster in groups, with clear skin between, and imparting a roughened feeling to the finger lightly drawn over the skin, constitute the characteristics of the rash of measles. Sometimes the papules coalesce in areas, forming a continuous rash over a certain extent of surface, but there is always some clear skin beyond these patches with the regular isolated papules. In scarlet fever the rash is diffuse and continuous, being uninterrupted in its extent by any clear skin.

#### Diphtheria.

The early symptoms of diphtheria are frequently insidious and out of all proportion to the gravity of the attack. Some cases that have a mild beginning may have a grave ending, and vice versa. A general feeling of chilliness is experienced, followed by a fever that is not usually very high. At the same time there is headache, with pains through the back and limbs. The first sensations referred to the throat are more or less pain, with a feeling of fulness. On examining the throat a false membrane is seen, most commonly upon the tonsils, although it may spread up into the nose or down into the wind-pipe. In appearance the false membrane is grayish white, firmly attached and very slightly raised above the mucous membrane; if an attempt is made to forcibly remove it, a bleeding, lacerated surface is left behind, upon which new false membrane quickly appears. It is important to distinguish between diphtheria and simple inflammation of the tonsils with a whitish exudation. In the latter case there are little separate white points covering the tonsils that can be easily scraped off. This is not at all a serious affection, although the fever is usually higher than in diphtheria, and the constitutional symptoms may be quite marked. The diphtheritic membrane is continuous in extent and does not have the appearance of numerous disconnected points. Sometimes children complain very little of pain in the throat, although the false membrane may be extremely abundant. I have seen cases of malignant diphtheria fol-

lowed quickly by death where there was very little complaint of local discomfort. In all cases where children are ill with vague symptoms, a careful examination of the throat should be made. Walking cases of diphtheria are constantly seen which are not only in danger of grave complications, but spread the disease widely.

#### Small-Pox.

The form of this disease now often seen is known as varioloid, a milder type brought about by a previous vaccination. Chills and a fever usher in the trouble. Marked nervous disturbances, shown by severe frontal headache, intense pain in the small of the back, and a feeling of drowsiness, are experienced. Nausea and vomiting, with a coated tongue, point to a good deal of irritation of the stomach. If the preliminary symptoms are very severe the confluent rash, marking a grave type of the disease, may be predicted. Sometimes during the initial stage patches of redness appear upon the skin, bearing some resemblance to the rash of scarlet fever. These patches are seen most frequently upon the second day, but disappear in a few hours. The regular rash comes out usually on the third day, when there is a marked remission of the fever. The eruption appears first about the lips and chin—sometimes also upon the neck and wrists—thence spreading over the face and scalp and down through the body. It takes from one to three days to be diffused over the whole body.

Little red spots first appear, the centre of which soon becomes hardened and raised, forming small papules which are painful and feel under the finger like shot. Some clear liquid collects at the top of these papules in about twenty-four hours and forms the structures known as vesicles. These vesicles become "umbilicated," or depressed in the centre, and by the fifth day attain their full size, being circular and seated upon a hard, inflamed base. The so-called pustules are now formed by the contents of the vesicles becoming turbid and losing the umbilicated shape. With the pustules a



severe secondary fever develops, and the irritation of the skin is extreme. In from four to five days the pustules begin to dry and form "scabs" that are thrown off, frequently leaving a pitting of the skin behind.

#### **Chicken-Pox.**

This is the mildest of the contagious diseases, and begins with a slight fever, with which may be conjoined some headache and a slight chilly feeling. A few hours after the onset of the fever the rash appears on the trunk and head, thence spreading quickly to the limbs. At first it consists of small red spots which soon become vesicles, looking like little blisters situated upon a slightly reddened base. These vesicles vary in size from a pin-head to a split pea, and appear in successive crops, any given area of skin showing them in all stages of growth. An individual vesicle reaches its full development by the second day, when its contents are almost transparent. The liquid then becomes turbid and drying commences. Thin, dry scales are formed by the fifth day and soon drop off. Very little discomfort is caused by the eruption except some itching of the skin. Vesicles are frequently seen upon the mucous membrane of the mouth and throat at the same time that they are present upon the surface of the body.

#### **Distinction between Small-Pox and Chicken-Pox.**

It is extremely important to be able to distinguish between these two affections, as chicken-pox and mild small-pox are not infrequently in danger of being confused. In small-pox the invasion lasts two or three days and is severe. The red spots of the rash soon become hard, shot-like points which change into little blisters with depressed centres and pustules, the latter not being developed until about the twelfth day of the disease, and are accompanied by a severe inflammation of the skin. The rash usually appears first upon the forehead, chin, and wrists. In chicken-pox the eruption appears almost simultaneously with the mild fever that initiates the disease. Little blisters are formed in a few hours, which dry

and disappear by the fifth day. These vesicles never develop into pustules, and appear in successive crops, which is characteristic of the disease. The rash first appears upon the face, scalp, and upper part of the body. The vesicles are rarely depressed and do not usually leave a pitting of the skin.

#### **Whooping-Cough.**

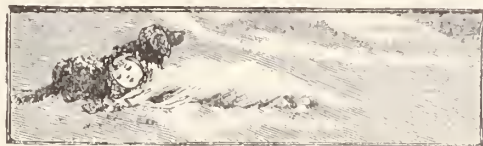
The first stage of whooping-cough presents symptoms of a catarrh of the upper air-passages and bronchitis which has nothing to distinguish it from an ordinary inflammation of these parts. There is sneezing, with some suffusion of the eyes and running at the nose, but less than is seen with measles. The cough is accompanied by very little, if any, expectoration. After these symptoms have lasted from one to two weeks it is noticed that the cough becomes severer and assumes a spasmodic character. The cough is worse at night, and whenever the child becomes excited from any cause. It takes place entirely in paroxysms, between which the child is perfectly well in uncomplicated cases. A paroxysm begins with a tickling sensation or a feeling of constriction in the throat. It consists of a series of expirations which expel much of the air in the lungs, followed by a quick inspiration that produces the sound known as the "whoop." The paroxysm frequently ends in vomiting of food and frothy mucus from the bronchial tubes. When children begin to vomit in connection with fits of coughing we can be suspicious of whooping-cough. During a paroxysm the face becomes flushed and swollen, and in severe cases there may be bleeding at the nose. The duration of a paroxysm is from a quarter of a minute to a minute. When it comes on the child throws away its toys and runs to its mother or nurse, as if for protection.

#### **Mumps.**

The first symptom of mumps is apt to be a soreness in the neck, particularly under the ear. This develops suddenly and is soon followed by a marked swelling.

The lobule of the ear is pressed outward by this swelling, which likewise extends forward upon the cheek. It has a firm, slightly elastic feeling. Movement of the jaw causes pain. There is more or less fever, not usually lasting longer than two days. The swelling subsides from the

sixth to the tenth day. The disease generally commences on the left side, and in a few days invades the right side. The parotid gland is the structure involved in the inflammation. If only one side is affected at a given time, the opposite gland may be the cause of a subsequent attack of the disease.



## THE PREVENTION AND CURE OF STUTTERING IN CHILDREN.

BY OSKAR GUTTMANN,

*Author of "Gymnastics of the Voice," "Æsthetic Physical Culture," etc.*

ALTHOUGH stuttering does not make its disagreeable presence fully felt until the afflicted individual becomes completely aware of his defect in all its horror, yet we can, by careful observation, in many cases perceive slight indications of it in the first attempts at speech made by children, and not rarely we meet with three-year-old children who already stutter in a marked degree, without, as a matter of course, themselves being aware of the difficulty in speaking. Now, instead of exerting one's self to the utmost in such cases to counteract the evil, to kill in its germ what further development will make so dangerous, people are generally either indifferent to it, or do not consider the matter of sufficient importance, or else follow some such advice as, "Just let the matter alone; the evil will decrease as the child grows older." This way of dealing with the trouble is just as wrong as if we should deem it proper to postpone the necessary orthopedic treatment of a child, tending to bodily deformity, to a later period. The child grows, indeed, but the evil instead of decreasing grows with its growth, so that its removal is at last rendered impossible. What at first was but carelessness and a bad habit becomes later on a lasting

defect and second nature. This explains the great number of stutters.

### The Influence of Example.

An unpardonable mistake in the treatment of a child inclined towards defective utterance consists in the encouragement of the so-called *baby-language* :

"Down in de b'ight deen meadow  
De pitty daisies' home," etc.

When the child speaks to its parents in this or a similar language, some parents are delighted at the quaintness of the charming three-year-old prattler, and, instead of immediately teaching it to speak correctly, they answer in the same indistinct fashion, as though they, too, were children. The child is thereby not only not shown its own mistakes, but is confirmed in them and grows more and more into this defective manner of speech, whence stammering and frequently stuttering arises.

It is altogether useless, nay, even in a high degree injurious, to scold or, worse still, strike a child for defective utterance or stuttering. It is requisite that those who surround such a child should be most gentle and calm, for everything harsh or abrupt

startles, and nothing is more adapted to promote stuttering than terror and fear.

With grown-up persons or with children between eight and twelve years explanations or prescribed rules may exercise a beneficial effect; with children below eight years this is altogether useless. Here only the means that nature prescribes can be applied—that is, *imitation* and *habit*. Whatever a child of such a tender age sees or hears it imitates, and very often with surprising fidelity. Hence the creation of a dialect which is spoken by the children just as by the parents. The persons surrounding the child are everything in its development, and it depends principally on them how its natural abilities are developed and what defects make their appearance. Persons in contact with a child of this age ought not to have defects of any kind, as, for instance, in breathing, in the production of voice, in speaking, and in language. They ought not to speak too rapidly, too hastily, or in detached phrases; the child, forced by nature to rely on imitation, will assume all these defects. Hence let the family be very careful that the child hears only *good* speaking.

#### Importance of Early Correction.

As soon as a mother perceives that a child has the habit of repeating, and quickly repeating, syllables or letters, or, indeed, of incorrectly pronouncing words or syllables or letters, she must not let this pass by unnoticed, or even perhaps laugh at the matter in amusement, mimicking the incorrectly spoken words and exaggerating the defects; but she must with the greatest calmness, and without startling the child by too sudden interruption, slowly and distinctly utter in correct manner the wrongly pronounced word, syllable, or letter, and cause the little one to repeat it in like manner. Let the mother, however, be careful not to do this with a forced distinctness of utterance, for, as the child will imitate her, it will now fall into the error of affectation, which will increase just as much as any other defect. If the mother has failed to understand the child, let her cause it slowly to repeat its

words, always, however, without startling it by too sudden or violent commands, and let her make it a rule never to comply with the wish of a child which it has not clearly and distinctly uttered. A story is told of a mother who cured her child of stuttering by forcing it to pronounce everything in a long-drawn, almost singing manner; for instance: "Please let me have an apple." Not until the child had thus spoken was its wish complied with. Such positive determination is absolutely indispensable to mothers and teachers.

#### Proper Respiration.

Though, as I have already said, rules and laws are of no avail in the case of a child of from three to six or seven years, yet it must be accustomed to a certain fixed manner of utterance. Above all, it must be accustomed always to take breath before beginning to speak, whereby it gains *air*, *time*, and *tranquillity* to speak. When a person wishes to speak he must first take breath. This the child usually fails to do; it begins with half-filled, sometimes with nearly empty, lungs to express its thoughts, and hence, of course, is forced after one or two words to take breath convulsively in order to continue to speak—for instance: "If you [a pant for air] want to go there, etc." This injurious manner of respiration is very prevalent among vivacious children of from three to five years. If this defect of speech be not broken, many defects, principally among them stuttering, will ensue in time. It is, therefore, just at this age that a child requires to be treated with the greatest attention, love, and patience, and must not be left to itself in the development of its speech.

#### The Relating of Stories.

A very good means of training a child to speak properly, as indeed to concentrate its wandering thoughts, is to tell it stories. Let the mother relate little stories to the child, using only easily understood words, short sentences, which can be comprehended by the child, and let her, ere coming to the end of the tale, cause the child to repeat part after part slowly and distinctly, being

careful to notice every mistake of the child in breathing and speaking, as well as in the language itself, and to correct every phonetic defect in a pleasant and gentle manner, not allowing the slightest mistake to pass unnoticed. In this manner, relating and being related to, let the story be brought to a close.

#### The Value of Vowels and Consonants.

If it is particularly difficult for the child to utter correctly certain words, syllables, or letters, let the mother repeat these slowly, loudly, and distinctly (though not in a forced manner) until the child can pronounce them correctly. Let the mother be careful that the vowels are always pronounced clearly—that is, with the correct vowel shades and with the necessary duration—and the consonant sounds are made short but decided. The letters of the alphabet (vowels and consonants) require a certain time for their formation, and must have a certain duration in speech. The vowel is the carrier of sound; on it we must tarry when it becomes necessary; upon it we must put every degree of emphasis, every shade of accent, for it is the expression of our feeling. It is the *body* of the language. The consonant is only the *dress*. Both must be rightly produced in order to obtain the right results; and as a beautiful body in an ugly dress loses much of its beauty, ay, is often disfigured, so it is with a syllable or a word the vowels of which are rightly produced while the consonants are falsely or defectively created. The greatest faults in speaking are too great an expenditure of strength and too long a duration of time in the creation of the consonants, and too short a duration of time, lack of strength, and neglect to give the vowel shades in the creation of the vowels.

#### Necessity of Patience.

It is very injurious to a child inclined to stutter if its questions—and it puts many—are either not answered at all or very impatiently. The child finally becomes imbued with a sort of reluctance to put any questions, withdraws into itself, and forgets

to question and consequently to speak at all. Persons whose task it is to be with children and instruct them must in such cases never become impatient and irritated, and repel the child in a quick and angry manner, but must give a loving and clear explanation to its queries. It will, perhaps, be said that it is not always possible for a mother to do this, and yet thousands of mothers—mothers truly worthy of imitation—have done it, and thousands will do it in time to come; for the future of a child is based on the first eight years of its life, which lie altogether in the



FIG. 1.



FIG. 2.

mother's hands. If this part of a child's life (from three to eight years) be allowed to pass without proper education in the utterance of speech; if the child, who at first shows only slight traces of stuttering, be suffered to develop fully into a stutterer, then it will have to undergo the long, tedious cure which requires six, ten, fifteen months, and even more time, and which is infinitely troublesome and wearisome to pupil and teacher.

#### The Proper Position of the Pupil.

As in children who are inclined to stutter the activity of the lungs is very slight, it is



necessary before all to begin with exercises that will strengthen the lungs and the muscles of breathing. For the help of willing mothers and sincere teachers I will here give some simple aids: Discard all tight-fitting garments of the child; let it stand perfectly erect, with straightened knees, the heels close together, the toes turned slightly outward, so that the feet shall form the sides of a right angle, the chest thrown outward (not excessively), the shoulders thrown back, without being raised, and the hands hanging loosely at the sides of the body. From this position the child should begin all his exercises. We will call it "base position." (Figs. 1 and 2.)

#### Breathing Exercises.

1. Let the child, in the *base position*, breathe *in* and *out* several times in succession, while



FIG. 3.



FIG. 4.

standing, by the downward movement of the diaphragm, the fleshy partition between the chest and the abdominal cavity, without raising the shoulders.

Let the child then hold its hands *at the waist* in the back in such a manner that the palms meet and the fingers are intertwined

(Fig. 3). During inspiration the arms must be *stretched* downwards, without, however, disengaging the hands (Fig. 4), and during expiration should return to their first position. In these movements the shoulders should not be raised, and the back must be kept perfectly straight. The inspiration must take place through the nostrils, the expiration through the mouth. Breathing through the nostrils is very essential. It has the advantage of not drying the mucous membrane of the cavity of the mouth, the entrance to the throat, the throat itself, and the vocal cords, as the frequent inspiration through the mouth is apt to do. And the moisture of this part is an essential condition required in speaking. After every inspiration expiration must follow immediately without any exertion. At first but three such inspirations and expirations should be taken at a time, easy, natural, and *inaudible*; twice in the forenoon and twice in the afternoon. After two weeks increase gradually to five of these breathings; after four weeks, to eight; and after six weeks, to ten at a time. Continue these exercises for three months, and during this time see that the inspirations gradually grow deeper and the expirations more energetic. After the lapse of two months practise the following exercises:

#### Breathing with Pauses.

2. After every inspiration let the child hold the breath three seconds, and then breathe out energetically. After four weeks increase this pause to five seconds, and after ten weeks to eight. Do not proceed any further. When the child has exercised like this until it is *five* years old, then let it increase the pause two seconds after every two weeks until twenty seconds have been reached, and not until it is *eight* years old let it increase to thirty seconds. During these breathing exercises see that the child does not speak at all, or very little. After them it should not be permitted to leap or run. At other times let it move freely as much as possible in the open air. These breathing exercises can be begun with a



child when it is three years old, without at first, however, any holding of the breath. Not until it increases in strength ought the pauses to be taken, which must not be overdone. With these breathing exercises combine the *voice-development* of the child.

#### Voice Exercises.

3. Do all things before the child that you wish it to imitate.

(a) Breathe *in* and *out* *inaudibly* (now through the mouth). Let the child imitate this, and repeat it until it learns it. (b) Breathe (through the mouth) *in* and *out* *audibly*—that is, after the *inaudible* inspiration utter a long and drawn-out (whispering) *hah* until the child repeats correctly. (c) After an *inaudible* inspiration breathe out *audibly*, *hah*, continue this a couple of seconds, and without taking fresh breath turn the whisper into *voice*, holding this as long as possible. Do not go any further before the child can imitate this. When changing from the whisper into voice do not do it by saying *ah*, but merge the whisper into voice in such a manner that only the *hah* is heard with voice. (d) Begin with voice *hah*, continue it a few seconds, and without taking fresh breath merge into *whisper hah*, and hold it two seconds. (e) Begin with voice *ah*, hold the tone a few seconds, and without taking fresh breath merge into *whisper hah*. (f) Speak in one expiration *hah* (whisper), *ah* (voice), *hah* (whisper) *ah* (voice). (g) Speak in one expiration *ah* (voice), *hah* (whisper), *ah* (voice), *hah* (whisper). (h) Speak in one expiration *ah hah* (whisper), *ah hah* (voice), both syllables of *equal* length; (i) then the first syllable, *ah* (whisper), *short*, and the second, *hah* (whisper), *long*; (k) then *ha hah* (voice), both syllables of *equal* length; (l) then the first syllable *short* and the second *long*. These expirations, in a whisper as well as with voice, must be carried out very gently, without any compression whatever of the vocal cords, and have the purpose of giving the child who knows nothing of the vocal cords, and to whom no explanation would be of any use, the feeling of correctly

and gently using them. (m) Speak to the child each of the following pure vowels: E (as in *he*), A (as in *hay*), O (as in *or*), O' (as in *oh*), O' (as in *cool*), in the same manner as you practised the vowel *ah* in b, c, d, e, f, g, h, i, k, l, and always take heed that the child distinctly distinguishes the vowels.

4. Utter *all* the *consonants* (by their sound, not their name) clearly and distinctly to the child, and let the child repeat each one so long until it is able to utter it in the same manner. The consonants are divided into *sounding* consonants—L, M, N, R, Ng, V, Z (in *zone*), Z (in *azure*), Y (in *ye*), W (in *woe*), Th (in *thine*), B, D, G (in *give*); and in *voiceless* consonants—K, C (*cup*) and Q, F, P, T, S (in *sit*), C (in *cider*), Th (in *thin*), Sh, and H. Ch is a compound of *t* and *sh*; J is a compound of *d* and *z* (in *azure*); *x* is equivalent to *ks* (in *axe*) or to *gs* (in *example*).

5. Practise combinations of the vowels with consonants—syllables and words. It is not necessary to give any examples, as the mother can easily find them for herself. I would merely draw attention to the fact that it is necessary to begin with easy words, after which one may proceed to more difficult ones. These exercises cannot be practised too often.

#### Gymnastic Exercises.

When the child has attained the age of six or seven years it must begin to practise *gymnastic exercises* which put the entire body into action, and which it is unnecessary to specify, as the principal ones are generally well known. The *breathing* and *voice* exercises must, however, not be neglected. Gymnastic exercises must always take place in pure air—in summer in the open air, in winter in properly ventilated, moderately warm rooms where there is no draught. As long as the child is not old enough to attend school it must daily move as much as possible in the fresh air, and must as much as possible breathe through the nostrils, the mouth being kept closed.



## OUGHT SANTA CLAUS TO BE ABOLISHED?

THE question raised by "M. M." in a recent number of *BABYHOOD*, whether the Santa Claus myth can be made compatible with the unvarying frankness and truthfulness in the government of children which are absolutely necessary to retain their respect, has called forth a large number of replies, some extracts of which we place before our readers. They are sufficiently diversified in opinion to be representative, and will be read with interest by all in whom the present season awakens the memories which cluster around the name of Santa Claus. We have also been favored with letters on the subject by Rev. Drs. John Hall and Wm. M. Taylor, the interest of which is enhanced by the fact that these two eminent New York divines express diametrically opposed views concerning the matter.

"A. P. C.," Jamaica Plain, Mass., is surprised that excellent parents, who intend to be perfectly truthful and to teach their children to be so, will yet tell them the most deliberate falsehoods in regard to Santa Claus. The question, to her mind, is, what is the difference between a joke and a falsehood?

"As I understand it, it is this: When we assert something that is not true, knowing that the fact is thoroughly understood by our hearers, who are merely amused by it, that is a harmless joke. When we, however, intend to be believed, and know that we are, then what we assert becomes a falsehood. Now, parents with the very best intentions, and meaning only to amuse their children, will deliberately tell them that the presents which they, the parents, place in the stockings or hang on the Christmas-tree are put there by Santa Claus, and the fact is received by the children as absolute truth and believed often for years. When, therefore, they finally learn that what their parents have told them is untrue, must not their moral nature suffer some injury at the discovery? In other words, must they not get the impression that there is no harm in saying what is untrue, if there is no wrong intention in saying it?"

"A. N. D.," Leonardsville, N. Y., asks "M. M." whether she ever heard of a person who attributed a disregard of truth in him-

self to the effects of the Christmas legend which he learned from his mother.

"If I mistake not, her experience and that of nearly all children will be found to be like my own. I once believed in Santa Claus; at a very early age I knew that no such person really existed. But I cannot say when I passed from one stage to the other; it was a simple growth, not an abrupt transition. One year I played contentedly with my dolls, the next I left them lying neglected in the nursery and was interested only in my school-books. Yet long after I had discarded toys altogether I went to bed every night hugging my favorite doll in my arms; and so, long after I fully comprehended who gave me the various gifts which I received at Christmas time, I talked, as a matter of course, of Santa Claus bringing them."

She cannot help thinking that those who fear to injure their children's moral sense by a free use of fairy tales are giving themselves needless anxiety, and if they make up their minds to tell their little ones only such stories as are strictly true they will have to eliminate every bright creation from childhood's literature.

"Certainly some of the Mother Goose rhymes are as extravagantly false as anything which could ever be invented, and yet no one condemns them as unfit food for childish minds."

"C. B. M.," Canton, Ill., had decided, long before her first baby was old enough to be told anything about Christmas, to tell her the truth.

"I do believe our two little ones, last Christmas nearly two and four years old, enjoyed their presents and the day itself just as much when they understood that their papa was the Santa Claus who brought them most of their presents. When asked about their presents by friends who called, they would say: 'Grandmamma was such a good Santa Claus to send me that big dollie,' or 'Mamma gave me *dis Kismas*.' I have told them that the old man who comes out Christmas eve at the church with white whiskers and hair is called Santa Claus, but I have tried to explain also that he is 'made up' to please little folks, and that any one who gives presents on that day can as well be called Santa Claus."

She expresses some doubt as to whether she has succeeded in making her explanation clear to her children, but believes it

charming to hear their explanation to each other. She closes her letter by saying :

"For my own sake, as well as for theirs, I cannot afford to have my children lose faith in me. I know that it does help one in every way to be better and to be more careful in everything—language, dress, habits. Where is the mother who does not change under the watching, innocent eyes and loving, faithful hearts who think we are all that is good? I want my little ones to have all the pleasures that are helpful and good. I cannot see that this Christmas story—this Christmas *lie*—does do them good or help them in any way."

"J. B. M.," Pennsylvania, is glad to find in these intensely practical days some warm adherents to the cause of the old-time traditions of fairy folk, and especially of the children's patron saint. She does not think that she is herself the worse for these beliefs of her childhood. They are very beautiful to the child, and in the course of time will be naturally outgrown just as are many other things.

"Two-thirds of my little girl's book-shelves contain fairy tales, and I shall never forget one occasion when by chance she left her purse hanging on the front door-knob, and her father dropped some money in it without her knowledge. Her face was a picture when she found it the next morning and ran to me crying, 'Oh, just see what the fairies brought me last night!' She never doubted, never questioned, as often as she found new belongings in odd corners, but took them all as fairy gifts, until she gradually grew out of the belief, so gradually that she hardly knew it herself. At the age of ten her faith in Santa Claus is perfect; but as her eyes are very keen, for several years I have allowed her to see the home-made articles for the tree, and to assist in their manufacture, though Santa always makes additions."

"A. D. A.," Morristown, N. J., would also like to put in a word of defence for the venerable old man who for ages has delighted the hearts of children, and asks why we should banish him now, when our ancestors for many generations indulged in the belief in him, and yet developed some of the noblest specimens of manhood and womanhood?

"I do not think any child ever was injured morally by the belief in Santa Claus, which lends an additional charm to the holy event we love to celebrate, and I think it would be positively unkind to deprive our children of so much innocent pleasure. Fairy tales should be strictly forbidden on the same grounds, as they are merely fabrications invented to amuse; and yet how unattractive would a nursery be without them, if, indeed, one could be found minus a book of that kind, which I think very doubtful. The stern realities of life come fast enough without our excluding the ideal; and to me the recollections of those happy days of childhood will ever be a golden page in the book of memory which I love to review with my children."

"Materfamilias," New York, knows of a family the heads of which carry the belief

in Santa Claus to such an extent that not only are their own gifts given in his name, but every gift sent to the children from outsiders is given as from Santa Claus; relations and friends are warned on no account to mention buying Christmas presents, as, if the elder children heard such forbidden conversation, their belief in the myth would be shaken. The consequence is, in this family of four children, the eldest seven years old, the most perfect faith in Santa Claus exists, almost amounting to awe in the younger ones.

"Of course," adds "Materfamilias," "there is no gratitude shown or felt towards any donor, as they are unknown; they are also deprived of what to my children is one of their greatest delights—the giving of little gifts to one another and to their parents, as the wonderful Santa Claus is supposed to take care of all that."

She fears that to keep up such a delusion in larger children there must be many "white lies" told, and that, apart from the sin of lying, the children, after they do find out the deception, even realizing that it was done for their greater pleasure, will never have the perfect confidence in anything that their parents tell them that they had before. She thinks

"There is a happy medium between this plan and the giving up of Santa Claus entirely, and I manage it in this way. At the children's half-hour before bedtime I am always in the habit of telling nine some little stories as soon as the first of December sets in. These stories are all about a 'make-believe man named Santa Claus,' whom the little German children called Kriss Kringle; all the wonders that he is supposed to do are recounted, then 'The Night before Christmas' is read to them, and finally a Christmas carol is sung, thereby giving praise to Him to whom we owe our Christmas day."

Dr. Hall is most emphatic in his objection to the Santa Claus myth. He writes :

"I do not think there is any need for a long statement as to the wisdom of telling little children lies about Santa Claus or any other saint. Lies never do good. The danger is that when the little children find out the lies—as of course they do in time—they will be tempted to class with them the religious truths which they are taught. True, the lies about Santa Claus and the like may give them temporary pleasure; but enjoyment bought through lies is 'gold bought too dear,' if indeed it can be called gold."

On the other hand, Dr. Taylor expresses himself as follows :

"I cannot see that any harm is done by the references to and representations of Santa Claus at Christmas. In the Sunday-school of the Bethany church, which is supported by the Broadway Tabernacle and does its work in Tenth avenue, we have had Santa Claus every year since I have been in the country, and, so far as I have been able to discover,



with no detriment to the truthfulness or truth-lovingness of the scholars. The purism which would rule that out of all Christmas celebrations would deprive the nursery of all such 'classics' as 'Jack and the Bean-Stalk,' 'Jack the Giant-Killer,' 'Gulliver's Travels,' and the like; would overlay entirely the youthful imagination; would put an end to all childish playing at this or that; and would, in a word, take the poetry out of childhood, and make it all only very dull prose. I am not sure but that, fairly carried out, it would also taboo all the literature of imagination, and destroy everything in the shape of a book that is not literal fact. Perhaps your correspondent has not sufficiently pondered the distinction between truth and fact, and has failed to perceive that a thing may be true without being fact. The proper antithesis to fact is fiction, and fiction may teach a deep truth. Santa Claus is a fiction; but the truth beneath that fiction, which sooner or later comes to the surface, is *love*—the love of parents for children, teachers for scholars,

and Christians for each other; and probably in the end that truth is more effectively taught because of the impression made by Santa Claus in the beginning."

After giving a hearing to so many able advocates of the two sides in this controversy, BABYHOOD, for its own part, is glad to think that there are subjects within its province concerning which it is not necessary to lay down dogmatic rules, and the merits of which its thoughtful and conscientious readers can, after all, best decide for themselves. And in this opinion we believe all those interested in Santa Claus, no matter what their standpoint, will heartily concur.

## THE BABY-CARRIAGE AND ITS APPOINTMENTS.

BY B. R. W.

WHEN we remember that Baby takes most of his exercise in his baby carriage, that he often remains in it as long as three hours at a time, and that he takes many naps while lying in it, it is certainly time for us to consider the question, "Is the carriage comfortable for the baby?" Most of us will answer, "Why, certainly! How could it possibly be improved? Here are springs, and here is a seat, and soft upholstery, and a parasol to protect him from the sunlight—what more is needed?"

Apparently, nothing. But let us look more closely. Suppose we are purchasing a carriage for our own use; do we not carefully examine the way the carriage is hung upon its springs, whether the wheels are properly adjusted to each other, and, lastly, whether we can comfortably rest the back and stretch the limbs when taking a long ride—for a ride of three hours is a long one—do we not think of all these things? Or, suppose the carriage is to be purchased for the use of an invalid; do we not see that it is especially easy, and that there are enough soft cushions and easy springs to counteract even the slightest jolting? But do we think of these same things when

we procure a carriage for a baby, say, three months of age?

Baby's mother goes to the establishment and buys as handsome a one as her means will allow. And how luxurious it looks! The wicker basket, fresh and cool; the wheels with their shining nickel caps; the brightly polished springs; the plush upholstery, so softly tufted; the carpeted floor; and, crowning all, the graceful silken, lace-trimmed sunshade—why, it really is a thing of beauty!

It is sent home, and Baby's mother can hardly await the day when Baby will have his first airing. She hurries to make or purchase a small feather pillow, and fashions elaborate little slip-covers for it. She knows that this pillow belongs in every carriage, and her own judgment tells her that Baby is too young to sit upright and that the dear little head requires a pillow beneath it.

### Baby's First Ride.

At length the long-looked-for, sunshiny day arrives. Baby is decked out with cap and cloak, and Baby's mamma eagerly superintends the placing of Baby in his carriage. Then for the first time she discovers that he cannot possibly lie down the way the carriage is arranged. After a moment's

thought out comes the seat, and nurse is sent up-stairs for an ordinary bed-pillow. It is too wide as well as too short for the carriage, but it is the only available thing, and it is forced into position. Accordingly, it either creases itself in the centre, forming two hard ridges running lengthwise, or it doubles itself under on each side, and the curve thus made is well adapted to roll the little form down against the side of the carriage. Then the small pillow with its stiffly starched cover, all tucks and embroidery, is placed in position, and Baby is ready for his airing. No, not quite yet, for Baby's mamma finds that the lace coverlet will not keep him warm enough and that something more is required. Generally a shawl, more or less heavy, is wrapped around him, and, with the parasol and lace coverlet in proper place, the expedition starts.

After a while nurse returns and makes report that from the moment she crossed the street Baby began to cry, and that he did not stop until she was again within doors. "But no matter, ma'am, he'll soon get used to it, for they all cry the first few times they go out; you know they have to get used to the carriage."

Now, why must they "get used" to the carriage? Roll the carriage over an even floor, and you will see how much Baby will enjoy it, provided that he is lying comfortably. But he decidedly objects to the scratchy pillow-case and to the jolting over gutters and cobble-stones. These latter cannot be avoided, at least not in large cities, but the child may be so placed that the discomfort from the jolting will be greatly lessened.

#### **The Proper Furnishings for a Carriage.**

In the first place, instead of a pillow, which does not fit, and which in summer-time is extremely warm, make a hair mattress about three inches in height and tuft it. An upholsterer will make one for two or three dollars, but a clever woman can make one herself. The mattress must, however, be made in two sections, one about one-third and the other about two-thirds of the length of the carriage. It is a good plan to sew a strip of oil-silk on one side of the larger sec-

tion to prevent the hair from becoming moist. Cover this with a napkin before placing the child upon it. Make simple cambric or muslin pillow-slips for the small feather pillow, with merely an edge of embroidery. The writer has often seen the full pattern of the tucks and embroidery stamped upon the Baby's tender cheek.

The reason for dividing the mattress is so obvious it is hardly necessary to explain it. When both sections are in position the young infant rests at full length and in comfort. When old enough to sit up the smaller section can be withdrawn; and even at eight months an ordinary, healthy baby can sit as easily as a child of two years, and, unless he is wet, he will make no attempt to shove himself forward; nor will he slip down, as children so young invariably do, when seated upon a feather pillow, or upon the usual hard seat of the carriage. If the child should fall into a doze while in his carriage, the second section can be easily slipped into position and the child can sleep as comfortably as when lying in his bed.

I have found that the most practical covering for the child is one of the little, tufted cheese-cloth quilts mentioned in earlier columns of *BABYHOOD*, which are at the same time light and warm and inexpensive. In winter an extra blanket, and hot bricks in the bottom of the carriage, provide sufficient warmth for the little occupant.

The upholstery of the carriage is frequently tacked into place by ornamental (?) brass-headed nails. By all means have these removed before Baby is a year old, and have the binding gimp glued down. By that time Baby's idle fingers will seek occupation, and, attracted by their burnished heads, he will patiently work until he extracts them, and, as a matter of course, they are immediately placed in his mouth. My own little daughter was frequently detected doing this, until I had all the nails removed.

#### **A Single Carriage for Two Occupants**

In case it becomes necessary to place two little occupants in a carriage built for one, have the older—not the younger—as is gene-



rally the case—placed at the foot of the carriage. In the first place, the nurse can see him better, and the older child is always the one who first gets into mischief; in the second place, a strong board can be cut the size of the pillow (which it will be necessary to place behind his back), and slipped into the pillow-case—this will give the back all the support required, and yet remain unseen; and, thirdly, the younger one can rest much more comfortably, and be better protected from the sun if seated in the upper part of the carriage.

#### Necessary Extras.

It would be well to make a bag of silesia large enough to contain the following articles: a few clean napkins, a pair of stockings in case a change is necessary, a small china—not metal—drinking-cup, and an extra wrap in case of a sudden change in the weather. One cannot too frequently impress upon the mind of the nurse the fact that it is apt to be injurious to the child to drink from a public cup in a public place. The mother had better see for herself that this bag always contains these articles, that it is always in the carriage, and that the nurse does not use it as a receptacle for wet or soiled napkins.

#### The Parasol.

So much for the carriage itself; and now we will take a look at the parasol, which sometimes is an unsuspected source of mischief.

A lady of my acquaintance brought her little girl, three months old, to her doctor to have its eyes examined, complaining that whenever the child had been out for a while its eyes would become so badly inflamed that for an inch around the eyelids a large red circle could be distinctly traced, and the eyeball itself be blood-shot. The doctor examined the eyes, and replied that he could find nothing the matter with them, but suggested that the nurse might have been careless and allowed the rays of the sun to penetrate beneath the sides of the parasol when the child lay in the carriage, and advised the mother to accompany the nurse and child on the next day, and to note whether the trouble

again occurred. She returned to his office and stated that she had followed his advice, had been extremely careful, and yet when she returned home the inflammation was again apparent and as bad as ever. He advised a shade for the eyes; but the lady assured him it would not only be uncomfortably warm but unnecessary, for the reason that its eyes could well bear the light, giving as proof of the assertion that the child could be carried out by the nurse, or be taken for a ride in the family carriage, and the inflammation would not appear. The doctor ordered a cooling wash, and the lady left his office. A few days later, happening to pass the child in the street, the puzzled doctor quickly discovered the cause of the inflammation. The parasol that was to protect the child's eyes from the sun was *pure white*! The glare that came through it when the sunlight struck it was fairly blinding, and beneath this lay the poor baby, flat on its back, its eyes blinking and watering. The doctor's next prescription was given on the spot; he merely ordered a dark green lining for the white parasol. It is needless to say that the second prescription made the first one unnecessary and completely cured the child.

The dealer will tell the purchaser that a white or *écru* parasol is the "latest" style, but, if you value your baby's eyesight, do not take one without ordering a dark lining for it.

A new slide has been invented for attaching the parasol to the rod, which is very practical. Where the parasol-top passes over the rod, to be held fast by a screw, there is a little wheel which turns the parasol at any angle, so that the most slanting rays can never penetrate beneath it.

Formerly the rod and parasol, in order to shut out the rays of the early morning and evening sun, had to be so far lowered that all air was excluded, and Baby would often give noisy vent to his displeasure at having the range of his vision thus completely cut off. In purchasing the lace cover for the parasol, see that the lace does not hang down more than an inch below the edge. When once the child is seven or eight months old, and begins to observe what wonderful things

surround him, a lace curtain hanging before his eyes and hiding all the pretty things from his sight, no matter in what direction he may turn, is a source of annoyance and may make him cross. And then, again, the constant blowing to and fro of the lace tempts the little fingers to grasp it, and occasionally they are successful. Then they tug and pull until the delicate fabric yields to the persistent efforts, and the baby carries the remnant in triumph to his mouth, the usual repository for all his possessions.

#### Parasol-Cover and Afghan.

And now a hint or two as regards the making of the lace parasol-cover and afghan, and I have finished.

For the parasol cover buy the lace netting or "all-over" lace which comes by the yard. Let the salesman cut for you a perfect square—i.e., the length equal to the width. Now cut out of paper a perfect circle, as many inches in diameter as the width of your lace. Lay it upon the lace and cut, following your pattern carefully. Make a very small hole in the centre. Open your parasol, and, slipping the top of it through the hole, let the lace rest upon it, and you will see that it is a perfect fit, except that it will be too short. Edge it with a flounce of lace as deep as the uncovered space will require, but do not let it hang more than an inch below the edge of the umbrella itself. The lace flounce need only be sewn on full enough not to pucker. The ordinary size parasol requires three-and-a-half yards. The opening at the top may be neatly finished with a ribbon bow or a ruffle of narrow lace edging.

The afghan may be made of the same

material, requiring to be edged with lace on three sides only. It is well not to have this edge too deep, or it may become entangled in the wheels and thus be torn and soiled. I have found that the lining best adapted to a lace afghan is the ordinary quilted satin lining. It is inexpensive and needs only to be finished on the under-side with silesia. It does not give extra warmth, as it rests upon the carriage itself, not upon the child; and, being firm, it holds the lace taut and even. Fasten tapes at the upper and lower corners on the under-side, and have them long enough to be drawn through the wicker-work and tied together. This method of holding the afghan in place will be found preferable to the other way of pinning down with large-size safety-pins, which are apt to break the willow and to tear the upholstery.

#### Poisonous Perambulators.

In conclusion I would call attention to a danger which is little suspected, but nevertheless which is one experience has shown to exist, and, therefore, against which the parents of a family would do well to be on their guard. A case is recorded by the *British Medical Journal* of a child, aged four months, who on its return, after being out under a hot sun, was seized with sickness and vomiting, the vomited matter being a green-colored fluid. From inquiries made by the medical man it was elicited that the child had been seen to suck a green strap of the perambulator, and the true cause of the mischief was at once suspected—namely, arsenic poisoning. An analytical examination of the strap confirmed this view, arsenic being found to be present in great abundance.



## FIRST ATTEMPTS AT ART.

BY W. J. STILLMAN.

## II.

IN modelling, the technical difference between the child and the barbarian is less than in painting. This is to be expected from the fact that sculpture is the representation of things as they *are*, and painting of things as they *appear*; and to learn by examination or education of the memory is easier and quicker than to learn how things look by training of the eye. Sculpture, as art, is far more simple and to a certain point more easily acquired



FIG. 23.

than painting, not merely from technical considerations, but from the simplicity of the mental operations demanded by it. The ancient Greeks, who were in their general development most of the nature of children of all races we know of, and whose most potent deity was esteemed to be Minerva, the goddess of intuitive wisdom, have reached the highest in sculpture. Nor did they ever, as art properly considered, distinguish painting from sculpture; their statues were to a great extent painted as much as their designs, and it is clear that they regarded sculpture as the chief of arts, and their art was the result of seven hundred years of childhood.

Amongst the sculptures of the middle ages we find many which are scarcely beyond the grasp of well-developed but untaught children (Figs. 23, 24, 25). Compare a clay model (26) with the drawing of the same theme (27), and we see at once why, when it comes to the modelling in clay, the child finds it easier to tell his story than when it has to be put on paper, where the legs cannot go into their true position, but can only be made to seem to be there; and, when

put beside these, the images of the barbarous tribes (Figs. 28, 29) are seen to be, though probably by the chosen artists of the tribes, really no further developed as art than the former. This opens the way to a satisfactory explanation of the apparently singular fact that more sculptors than painters



FIG. 24.

—especially in America, where art-education was until lately in its most primitive condition—have arrived at a certain degree of excellence without any assistance or direction. Sculpture is really the easiest of arts so long as it is simply a question of rendering a form capable of being deliberately studied and accurately defined and to a certain extent reproduced, and thus far an intelligent young man or woman may, with patience and without special talents, make his or her way. This is but a form of naturalism, imitation of certain productions of art or of nature, and is not, strictly speaking, Art at all, because Art demands an ideal and the attempt at expression of it, and



FIG. 25.

the reproduction in clay of certain definite and fixed forms does not necessarily imply any such faculties as are demanded in true Art. As to the ideal—the sculpture of expression, the domain of the Greeks—who in our day enters there?

The practical value of such studies as those of Professor Ricci lies in the clear indication of the method by which the study

of art may be profitably begun in the nursery, and which I have in an earlier contribution to BABYHOOD pointed out—viz., using the spontaneous activity of the child's brain and in no way discouraging it, but rather allowing the baby aspiration to make out its own path without more help than criticism fitted to its growth in intelligence. The child at

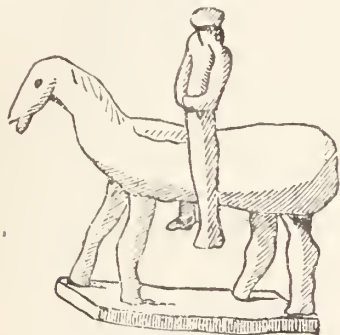


FIG. 26.

first draws head, or rather face, and legs. Call its attention to the fact that over the face lies a dome of skull which it had not noticed, and that the legs work from a body, as do the arms; that the arms and legs, which are in the beginning made without joints, are capable of flexion, and so on with whatever the child may attempt. Don't ask it to draw from nature, nor criticise the defects of the design—both these things will discourage the young artist—but let it enjoy its work, always keeping the knowledge of the object on the *qui vive* and, step by step only, in advance of the actual power in design. The too great sense of its imperfections becomes the gravest cause of discouragement.

One who has never studied the subject can with great difficulty comprehend how the observing power grows under such a course of treatment, and how much the tenacity of memory, which is the most vital element in art-study, will become strengthened. Set the child to a severe course of drawing from nature under an ordinary master, even at the age of ten or twelve, and the chances are that the passion for drawing becomes extinct in a short time. Growth must be from within, outside help being limited to

gradual removal of obstacles—ignorance and miscomprehension. The child must be allowed to make the first step, and when it is made it is easy, even for the most inexperienced person in art, to show him where he is wrong. To attempt to teach him to see more, without his having first made the attempt to express what he saw before, will in all probability excite no interest whatever, while his having a hold on the clue secures his earnest attention to the step beyond.

And this is in all cases of advantage, and works no prejudice or prevention as to the future career of the child. Whether or not his mind becomes seriously engaged in the pursuit of art, the mental exercise is equally important; it opens the eyes, expands the memory, and extends all sources of enjoyment which derive from the outer world. And what is a chief consideration is that all this accession of true knowledge and happiness to the growing man comes when the eyes are the chief channels of information and pleasure, and when they are best fitted to be benefited by the training and sharpening which this peculiar method of discipline will give them; and this without any wearing or premature over-charging of the intellectual powers, whose over-work at this age is so widely disastrous. Books absorb the life of the child who takes to them, often too much, and a reaction takes place which is disastrous; but the eyes are always at work in a healthy child, and cannot easily be over-tired, because they do

not invite the child out of himself. He is eager to see till vision is weary, and then sees no more. In later years interests of a very different kind will absorb his attention, and what he has not learned to see he will never care to learn to see, and the more innocent and universal of enjoyments will be for him forever curtailed. And let not the pedantry of the drawing-master interfere, in case

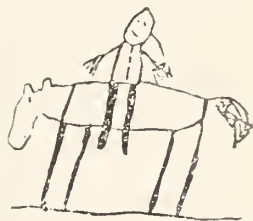


FIG. 27.



the study is to go further; for what the child does spontaneously is sure to be well done, while any attempt to engraft the graces which a maturer perception would accept will destroy the genuineness and individuality of the development. If the child will

be an artist he can lose nothing; if not, he will have had during his childhood a source of enjoyment, without danger and without drawback, which will save much mischief and perhaps many accidents. A contented child has a continual feast.

The philosophy of this manner of art-education is more or less the philosophy of all intellectual development, but invariably and inevitably that of art-growth. No great school of art has ever arisen in any other way, and I do not hesitate to assume it to be the law of any possible future school which

shall in any sense be worth mentioning with the great schools of the past. Of the Greek school of sculpture we know nothing as to the training and progress of individual artists; we have, indeed, few works which we can with any authority assign to any known sculptor; but of early Italian art we do know that the artists went to their workshops to learn their business, as do the children in industrial regions now, at the earliest age at which their work was available; and we know by the existing works of the early Italian painters that they followed in their progression the line we have seen taken by the children—to draw what they knew of their subject, and go on to learn more, but always to work with complete disregard of what, in modern art, we consider indispensable, viz., completeness in some plane of realism.

It is probable that one result of our general intellectual development has been that our children (especially in America, where intellectual precocity is esteemed, instead of being, as it should be, dreaded as a malady)

will arrive at any given point of development earlier than they did five hundred years ago, and therefore that to anticipate that phase of the intellectual life at which realistic perception begins we must commence the child's education in art earlier. But this is immaterial; every case will indicate its own conditions, because the time when that education shall properly begin is marked by the spontaneous impulse to create. What is important in this matter is that the parents should know, not that schools of art have grown thus, but that in any individual case a true and great development of the artistic faculty, one which shall be marked by the triumphant ease and masterhood which we find in the great artists of centuries ago, is only to be got at in the adult when it has its beginnings in babyhood. To look at it from the physiological point of view as well as the æsthetic, the nerves of the child must be trained to volition in that direction in which its work is to be accomplished. Skill is facility of volition, and this facility begins with motion.

It is unwise to push analogies too far, but there is a certain analogy between the development of all the arts, and as the future musician must begin his practice as soon as his hands are fit for exercise, or ever after pay the penalty in a less facile execution, so the future painter must begin his work as soon as his hand can follow his idea. We are not in a position to organize the instruction of design as we have that of music, which is placed on a scientific basis that the arts of design lack; we can carry the analogy only so far as to say that as the native musician begins by a kind of spontaneous develop-

ment, so must the artist in design. And at present we have not the true masters nor any school in design, as we have in music, all the so-called academies of painting, etc., being organized on the sterile prin-



FIG. 28.



FIG. 29.



ciple of imitation, naturalism, and our future true American school of art, as well as our peculiar and original American artists, if they exist, are still in the cradle, or at least in the nursery. All that we have done to this day is but the emulation or imitation of what has gone before, and, with our present ideas of teaching of art, we are more likely to stifle the inchoate genius than to educate it.

And it is disastrous to those peculiar natures which we characterize as "geniuses" to attempt to impose on them that complete, or what we are pleased to call university, education. The artist, whether painter or musician, is a specialist and will not profit by the general and omnivorous education which is considered indispensable to the well-taught man; the development in all direc-

tions is fatal to the highest development in one.

If, therefore, the parents of a child who is a fit subject for my homily are content that he should become an artist, or rather run the hazard of success in that undertaking, he must not only be made free of pencil and paper, water-colors and brushes, in his childhood, but the idea of an university education should be abandoned. We can't create genius, but we can very easily cripple it; and it is easier to swamp the artistic powers by too wide an education than to strengthen it. A strong mind will find its education and take it up in the lines of its special work; a weak one is of no great consequence. We must in these matters legislate for the greatest results.



## NURSERY LITERATURE.

### Collections of Fairy Tales.

THERE are some children whose appetite for fairy lore is insatiable, and for these a good collection of fairy stories is a mine of entertainment. This taste for marvellous fiction is more appreciated in our day than ever before, as is shown by the numerous new collections of fairy stories and the improved editions of the old ones. Among these various collections we would mention six which are especially suited to young children.

*Household Stories*, from the collection of the brothers Grimm; translated from the German by Lucy Crane, and done into pictures by Walter Crane; 270 pages, 12mo, cloth, price \$1.25. Macmillan & Co., New York.—In this collection we find repeated many of the stories which charmed us long ago in a small collection of German fairy tales called "Gammer Grethel," edited by Mrs. Follen and published in 1840. Any of our readers who remember this little volume, as one of the greatest treasures of their childhood, will be eager to put into the hands of their children this new edition of Grimm's Fairy Tales, and live over

again with them the delight of these stories. Here we find "Rumpelstiltskin," "The Golden Bird," "Mother Holle"—who makes the snow-storms, though in this version she is called Mother Hulda—"The Goose Girl" with the golden lock, and many others of our childhood's favorites. The illustrations are many and excellent, and the type clear and good.

*Macé Fairy Book, or Home Fairy Tales*, by Jean Macé; translated by Mary L. Booth.—We can give no better idea of this book than by quoting from the preface of the translator: "The fairies here are good fairies, home fairies, each of whom has a mission to correct some childish fault, but who does her work so attractively and unobtrusively that the children for whom it is designed never think of rebelling against the moral which it is sought to convey." Many a child will find amusement in the story of "Miss Careless and the Fairy Order," "The Necklace of Truth," and "The Enchanted Watch" given by Godmother Punctuality. The little people will often profit by such lessons more than by grave teaching. These stories are suited to children of various ages, but there are

parts of every one of them that would please even the youngest hearers. The type is large and clear, but the full page illustrations are more like those of thirty years ago than like the really lovely pictures in the children's books of to-day. The illustrations scattered through the text are much more attractive. The book is a 12mo, of 300 pages, and the price is \$1.75. Published by Harper & Bros., New York.

*Hans Andersen's Fairy Tales*, arranged in three series; price 55 cents each; Ginn & Co., Boston.—Hans Andersen's Fairy Tales have so long been a household word that they hardly need description. The peculiar excellence of this collection lies in the fact that they are here classified with reference to the age of the reader. Some of Andersen's stories, though full of interest for mature minds, are far above the comprehension of children. Every volume contains between twenty and thirty stories, in from two to three hundred pages, and is illustrated by many pretty wood-cuts. The first series contains, among other stories, "The Ugly Duckling," "The Steadfast Tin Soldier," "The Darning-Needle," and, most delightful of all, "The Snow Queen." In the second series many of the more difficult words are explained at the end of the book, and in the third we have an interesting life of the author.

*The Fairy Book*; the best popular stories, selected and rendered anew by the Author of "John Halifax"; 12mo, cloth, price 90 cents; Harper & Bros., New York.—It is needless to say that a collection of stories made by Mrs. Craik is good, especially as she says in her preface: "This is meant to be the best collection attainable of the old-fashioned, time-honored fairy tale." In its preparation she has compared many of the best versions, and when no version has been completely satisfactory, by taking material from the best, she has written the story afresh. She has been especially careful that there should be nothing in these stories that could harm a child. The collection contains thirty-six stories, the old favorites, such as "Little One Eye, Two Eyes, and Three Eyes," "Snow White and Rose Red," "The White Cat," "The Yellow Dwarf," "Little Snow-drop," and "The Hind in the Wood." There are 479 pages and no illustrations. The type is rather small and indistinct.

*Japanese Fairy Tales*; printed and illustrated in Tokio; 16mo, illustrated; 40 cents each; G. P. Putnam's Sons, New York.—For those

who like something quite unique in the way of children's books the "Japanese Fairy Tales" will be just what they seek. They are daintily bound in Japanese covers, tied with silk. The illustrations are in the best style of Japanese art, perfect in expression and coloring, and the stories, though short, are bright, interesting, and quaint. They give magic powers to birds and beasts, and while the good meet the reward of their righteousness, the bad have a most direful fate. The books are truly little gems of exquisite workmanship. We will give an extract from "The Tongue-Cut Sparrow" as a good sample of the stories contained in them: "It is said that once upon a time a cross old woman laid some starch in a basin, intending to put it in the clothes in her wash-tub; but a sparrow that a woman, her neighbor, kept as a pet, ate it up. Seeing this, the cross old woman seized the sparrow, and saying, 'You hateful thing, cut its tongue and let it go.' After this the owner of the sparrow and her husband 'set out over mountains and plains' to find their pet. Their reward and the punishment which overtakes the wicked neighbor form the subject of the story. The remaining books in the series are "Little Peachling," "The Monkey and the Crab," "Blossoms from Dead Trees," "The Farmer and the Badger," "The Mouse's Wedding," "The Old Man and the Devils," and "The Fisher Boy." Each book in the series contains about twenty pages and as many illustrations.

*The Wonder-Clock, or Four-and-Twenty Marvellous Tales, being one for each hour of the day*; written and illustrated by Howard Pyle; embellished with verses by Katharine Pyle; price \$3; Harper & Brothers, New York.—Those children who have revelled in "The Merry Adventures of Robin Hood" will expect a feast when they see the name of Howard Pyle again on a title-page, and they will not be disappointed. Mr. Pyle puts on his dream-cap and steps into Wonder-Land, where he meets Time's Grandmother. He winds up her wonder-clock, that plays pretty songs every time it strikes, and these fairy tales are the songs which it sings. These stories are much in the German style, reminding one of the Grimm brothers, and in many cases based on the same folk-lore. The language is simple and the story graphic, with just the enumeration of details which all children love. We can almost imagine them told to a circle of wide-eyed children, the style is so easy and conversational. In the story of "How the Three (the Gray Goose, the Sausage, and the

Red Fox) go out into the Wide World," the Gray Goose says :

" 'Whither away, friend ?' 'Out into the wide world,' said the Sausage. 'Why do you travel that road ?' said the Gray Goose. 'Why should I stay at home ?' said the Sausage. 'They stuff me with good meat and barley meal over yonder, but they do it for other folks' feasting.' 'Yes, that is true,' said the Gray Goose ; 'and I, too, am going out into the world, for why should I grow live feathers for other folk's plucking ?' 'So let us travel together, since we are both of one mind.' So off they set, arm-in-arm."

This is a fair sample of the entertaining style which we find in all the stories. The little rhymes for the hours, by Katharine Pyle, at the beginning of each story, are quaint and pretty jingles, likely to please children, and they are each set in a picture, giving the style of an illuminated page. For Five o'Clock she gives :

" Pussy-Cat, Pussy-Cat, open your eyes,  
And see what your kitten's about ;  
She's found a great rat-hole that's close to the  
step,  
And is watching for him to come out."

The book is a quarto of 318 pages, and is not only prettily bound but much more durably than most children's books. The paper and typography are the very best, and the illustrations (wood-cuts) exceptionally fine both in design and execution. There are 123 illustrations in all, a large number of them full-page.

#### Books for the Very Little Ones.

For some children *Babyland*, the little magazine published by D. Lothrop Co., Boston, is all-sufficient, but others need quite a library to satisfy their baby needs.

McLaughlin & Co., New York, have published some very pretty colored books for little children, called *Bird and Animal Series*, six numbers in the series, for ten cents each. They are of the ordinary magazine size and contain thirteen pages each. They contain five full-page colored illustrations. In the book on small animals there is a page each for Apes and Monkeys, Wolves and Weasels, a lot of Wild Cats, Curious Quadrupeds, An Australian Group, and Swift and Slow, which includes the Sloth, Flying Squirrel, etc. The descriptions are simple (not scientific) and are interspersed with stories about animals. The series consists of Domestic Animals, Wild Animals, Game Animals, Small Animals, Large Birds, and Small Birds.

*The Chrissy Cherryblows*. Price 20 cents. D. Lothrop Co., Boston.—This is a very pleasing small quarto in large type, with twenty-four

full-page illustrations in sepia and as many in print. It tells, in a simple, pleasing style, of two happy little children and their many pets : lambs, chickens, a dog, peacocks, squirrels, a calf, and at last a pony.

*Baby World : Stories, Rhymes, and Pictures for Little Folks*. Compiled from *St. Nicholas* by Mary Mapes Dodge. Price \$1 in boards in cloth \$1.25. Century Co., New York.—Some ten years ago the Century Company issued a collection of Stories and Rhymes for the youngest readers, called *Baby Days*. This is now out of print, and the choicest selections from it are here combined with many new ones from these later years of *St. Nicholas*, and published as *Baby World*. Here we have rhymes, pictures, and stories for young children of all ages, from the baby to the little seven-year-old. It would be impossible to mention all the good things contained in the three hundred quarto pages between the frontispiece of "Christmas Day in the Morning" and the "Hand Shadows" at the end. But we can say, what can be said of very few such collections, that there is not one poem or story or picture that we should wish omitted. The type is large and clear, the paper thick and strong, and the illustrations exceptionally good.

*The Pussy Play Stories and Tiny Tab and her Cousins*. Price 50 cents each. D. Lothrop Co.—These two books each contain about fifty pages of good, substantial paper, in large print, with many and excellent illustrations. They are bound in gay colors, ornamented with a large assortment of cats. They both, as the name implies, contain many stories and rhymes and pictures of cats of all ages, sizes, and occupations. The two pages in *Pussy Play Stories* devoted to "Cats Baby can Draw" will furnish amusement for hours to almost any child. In *Tiny Tab*, the first experience of the kitten Snowball in a snow-storm is very prettily told. The stories throughout are in short, simple sentences. In neither of these collections of cat stories are there any of the cat tragedies which so often bring tears to the eyes of the little ones, and from which they surely should be spared in stories. They have far too many of them in real life.

*Stories for Kindergartens and Primary Schools*. Compiled by Miss Sarah A. Wiltse. Seventy-five pages ; a few wood-cuts ; price in boards, 25 cents. Ginn & Co., Boston. *Stories for Young Children*. By Miss Elizabeth A. Turner. Ginn & Co., Boston.—In

contrast to all the gaily-colored literature for children come these plain little brown books. But they are by authors who understand the needs and taste of children, and the stories are bright enough to do without pictures. Miss Wiltse says in her preface that no stories "have been put in this volume until judged and approved by the small critics." Some the children have themselves illustrated by outline drawings. Miss Turner's book contains eighty-seven pages and can be bought in paper-covers for 12 cents or in boards for 20 cents. Her stories are graded, increasing in difficulty from the "Hungry Kitty," of half-a-dozen simple sentences, to "Little Tim's Christmas," which would please a six or seven-year-old child. The paper and type of both books are good.

#### Books for Older Children.

*The Brownies, Their Book.* By Palmer Cox. Price \$1.50. Century Co., New York.—Within these one hundred and forty-four pages we have all the Brownie stories and pictures that have formed one of the leading features of *St. Nicholas* for some time. To these are added quite a number of new illustrations, forming in all a most lovely Christmas book for the children. To those who have already seen them in *St. Nicholas* they will come with the added attraction of old friends. To those who have never seen them they open a prospect of great enjoyment. The children will pore over the rhymes till they know them by heart, and revel in the grotesque fancy of the illustrations, in which the lively little Brownies are carrying on their many pranks. There is hardly a page without its picture, and each picture is full of life and expression, and admirable in execution. There are twenty-four chapters, devoted to "The Brownies at School," "The Brownies' Good Work," "The Brownies at the Menagerie," "The Brownies' Fourth of July," and many other equally interesting subjects. Since one of the characteristics of this fascinating mythical creature, the Brownie, is that his mischief never leads to harm, the stories of his pranks are healthful reading for children, teaching them the useful lesson that fun, to be really good fun, must bring harm and sorrow to no one. The print is large and clear and the paper heavy and durable.

*Captain Fritz, His Friends and Adventures.* By Emily Huntington Miller. Price in boards, \$1; cloth \$1.50. E. P. Dutton & Co., New

York.—Captain Fritz, a French poodle, here gives an entertaining account of the varied fortunes of his life. He says: "I am sure every one must remember the time when I was born, on account of a very remarkable circumstance. It was entirely dark for nine days. My friend, the Magpie, has heard learned men at the Rectory talk of this time; books even have been written about it. It was called the Dark Ages. I was born, then, in the Dark Ages." Throughout the book the poodle takes similar unique and interesting views of the affairs of men and beasts. He is at first the property of a little girl, then of some travelling showmen. Then he becomes the means of support and comfort to an old blind man, and at last ends his days at the house of the keeper of the cemetery of St. Angelo, where he can watch his old master's grave. This book is a quarto of 128 pages, of clear, large type, with numerous good wood-cuts.

*Young Folks' Pictures and Stories of Animals.* By Mrs. Sanborn Tenney. Two volumes, price \$1 each. Lee & Shepard, Boston.—To those children who are living over again in thought the delights of their summer outing these volumes will be most welcome. They have been familiar for some years in six small volumes in boards, at 35 cents each, but this year they are collected in two volumes of about one hundred and fifty pages each, bound substantially in cloth. The first volume contains "Birds, Bees, Butterflies, and Insects," and the second "Quadrupeds, Fishes, Reptiles, Sea-Urchins, Star-fish, and Crabs." The illustrations, 250 wood-cuts, are excellent, and the objects described just what we wish, the every-day ones that the children have met in their country or seaside rambles.

*A Romance of the Three R's.* Penned and Pictured by Walter Crane. Marcus Ward & Co., London.—Under this title are included three books, which can be procured separately: "Little Queen Anne and her Majesty's Letters," "Pothooks and Perseverance," and "Slate and Pencilvania, being the Adventures of Dick on a Desert Island." Walter Crane says in his preface: "If my hobby-horses serve in any degree to help little folks over the rough stones of the road to Reading, Writing, and Arithmetic, they will not have been ridden in vain." The book contains eighty large square pages of beautifully-colored and exquisitely-designed illustrations, with text, in large ornamental type, interwoven. In the first part little Queen Anne is invited



by the Three R's to a fancy-ball. She orders her coachman, letter "A," and goes to the ball in a coach drawn by twenty-six horses, the alphabet. At the ball the pages in waiting have printed pages for aprons. She goes up a flight of stairs by easy steps of one syllable, "cat, pat, rat," etc. In the guest-chamber she meets old friends, "Little Boy Blue," "Puss in Boots," and many others. She is royally received by

the three R's, the first giving her a programme, the second "a little exercise," and the third "some slate refreshments." "The Professor of Geography claims her for a round dance," "The Foreign Ambassadors try to get a word in," "Dr. Grammar wishes to join in the conversation," and so on to the end. The plan for the other R's is equally interesting, and the execution is remarkably fine.

## HOLIDAY HINTS.

### Christmas-Tree Ornaments.

SOME directions for home-made ornaments for Christmas-trees are timely now and may prove welcome to many who, at the expense of a little time and ingenuity, can save considerable outlay. These ornaments, though frail, need not necessarily outlive their usefulness in one season, but can be laid away and kept for the following

years, thus amply repaying the trouble of construction. The requisite materials are a bottle of mucilage, glazed paper in various colors, gold and silver paper, a little bullion, wire, and card-board.

#### AN ANCHOR



is made by cutting the shape of card-board and covering one side with silver paper.

While the gum is still wet mark the pattern, as indicated in the illustration, with a knitting-needle. Cover the other side with red-glazed paper and wind a fine gold cord around the anchor. The loop by which it is hung up consists of a narrow bit of ribbon, and should be gummed in between the card-board and the paper. For

#### THE PADLOCK

cut two pieces of card-board of the requisite shape, and cover with gold and silver paper. To represent the nails, paste on small round pieces of paper. Cut out the shape of the key-hole and paste a piece of black paper back of it. For the centre of the padlock a round pill-box will serve nicely,

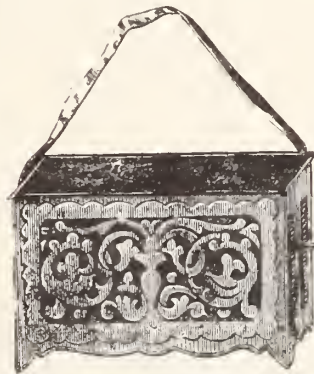


ly, and should be neatly fitted in between the two parts. The ring is of card-board covered with paper. For the frame of the pretty little

#### HAND-ORGAN

use a box about two-and-a-half inches long, nearly two inches wide, and one-and-a-half inches

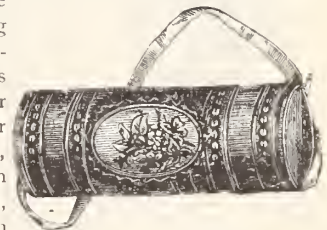
high. Cover it with bright-colored paper, and this in turn with gold paper, cut out in a pattern, as shown in the picture, curved at the bottom, and with little extensions for



feet at the corners. The crank consists of a piece of bent wire with a wooden button at the end, the hanger of a narrow ribbon. For the

#### BOTANIZING DRUM

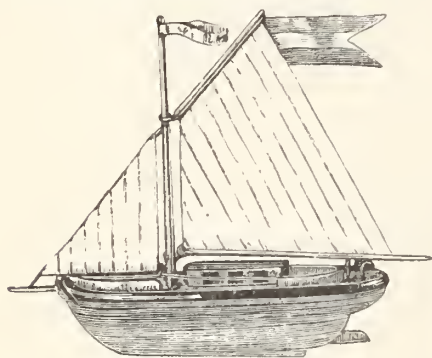
construct a cylinder of a piece of card-board about three inches long and one-and-a-half inches wide, cover with gold or silver paper, ornament with fancy stripes, and paste on a little scrap-picture in the centre. The hanger is of narrow green ribbon. The bottom of the





## SAILING-VESSEL

is cut out of cork and measures three-and-a-half inches in length and one inch in width. The sails are cut of oil-silk or of stiff glazed white paper. The larger one is nearly three inches



high and two inches wide at the bottom; the smaller one, one-and-three-quarter inches high and one-and-one-quarter inches wide. Mast and sail-yards are cut of tin, the pennant made out of a bit of gay ribbon, and the hanger attached to the top of the mast. The dainty little

## BASKET

is constructed from the shell of a cooked egg. Cut away a small part of the broad end, and bind the edge by gumming a narrow strip of gold

paper around it. Fasten the pointed end to a wooden button-mould, gilt, or covered with gold paper. The handle consists of a strip of gold paper decorated with a bow, the ornamentation of very small dried ferns, flowers, bugs, and the like. If the latter be not at hand, pretty little scrap-pictures will serve the purpose. The shape of the basket may be varied by cutting the egg through lengthwise. Many of the lit-



tle articles above described can be easily made to serve as candy-holders, whereby they are rendered useful as well as ornamental.

## KNITTED HARLEQUIN.

The dilapidated muslin body of an older child's discarded doll can be easily converted

into a dazzling harlequin for Baby's delight and amusement, and among all his Christmas presents there will be none that will last or please him longer or be less harmful. Odds and ends of gay-colored worsteds can be used up to make his variegated clothing, and all that it will be necessary to purchase are the little bells which will tinkle so merrily on the little man when knocked about by his future possessor, and which cost about one cent apiece. To shape the head cut two circles of muslin, gather them into half-spheres, stuff firmly with cotton, and sew together. The size, of course, must be in proportion to the body. Over this stretch smoothly a piece of an old flesh-colored stocking or under-garment—Balbriggans are not a bad tint if nothing else is at hand—putting all the unavoidable plaits on the back part of the head, where they will be covered by the hair. On the face part shape the nose by raising a requisite portion of the soft mass between your fingers, and fasten firmly by a few invisible stitches. Outline the eyebrows and eye-lashes with black cotton, the mouth with red, and sew on beads for the eyes. For the throat stuff a proportionately large cylinder of muslin firmly with cotton, cover with a piece of the stockinet, and fasten neatly to the head and body, thus connecting the two. Now work the covering for the lower limbs by knitting stockings of any bright color, changing to black at the ankle for the shoes. Sew small buttons on the latter, and lace with a cord of chain-stitches, finished off with little tassels at the ends. Cover the arms in like manner, working a little mit in flesh-color at the end to represent the hand, and marking the division into fingers by stitches. The rest of the clothing is easily constructed by reference to the illustration, and can be either knitted or crocheted as is easiest to the worker. The hat, conical in shape, should be stuffed with cotton to keep it from falling over, and is deco-



rated with a bell at the top. The hair, bangs, and chin beard are knit of black worsted, like a garter, ironed wet, and unravelled all but a narrow edging at one side by which to sew on. Several layers, one above the other, are required on the back of the head. The face can be made to look more life-like by rouging.

#### A Novel Christmas Party.

Last winter the writer had the pleasure of participating in quite a novel and very successful experiment in Christmas charity on the part of the little ones. Several ladies told all the little folks they knew that there were ever so many children who liked Christmas just as well as they did, but who were not likely to have any presents at all unless the little folks helped to get them some. So they were asked to bring toys, picture-books, clothes, cake, candy, fruit, money, or anything that would please children, to Miss —'s. As many as wished were to meet there one afternoon each week to make picture scrap-books, dress dolls, or trim with bright paper the twenty market-baskets in which the presents were to be sent. The boys who could print well prepared large labels on brown paper, in ornamental letters, "Merry Christmas, from Santa Claus," and the younger ones colored them with crayons. The larger boys cut up two Christmas-trees into twenty little ones, each about a foot high, and stepped each tree firmly in a small block of wood. The girls adorned them with strings of pop-corn and tinsel and three or four little candles apiece, bought with money contributed by friends of the children. During this time the ladies, assisted by suggestions from the children, prepared a list of twenty poor families, with the names and ages of all the children in each. On the afternoon before Christmas a big farm-sleigh was borrowed and also the sleighs of some friends, and into these the children and the baskets of presents were packed, each basket surmounted by its tiny tree. Each driver was furnished with a list of the places where his load of baskets was to be delivered, and the children took turns in carrying them to the doors. The whole was a brilliant success which will long be remembered by the participants, and perhaps the most treasured article in every basket was the tiny tree, giving an air of true Christmas festivity to the whole.

*Madison, Wis.*

A.

#### Judicious Distribution of Holiday Gifts.

As the holiday season is rapidly approaching, with its gift-making and its preparations for

celebrating the crowning day of the year, I would make a few suggestions in regard to the anticipation of Christmas in the minds and hearts of the little ones to whom the day is especially dedicated.

Let the expected treasure of the Christmas tree or stocking be looked forward to as a reward for good behavior from loving, grateful parents, instead of a bribe, while the cruel threat that the naughty little nursery-sinner will be forgotten or neglected in the general distribution of gifts should never be so much as hinted at. We should, on the other hand, make it a point to see that the true spirit of the day be inculcated in the fresh, receptive young hearts, by letting each little one share in the blessedness of giving, even though it is nothing but an old picture-card of his own which he has selected to "div" to papa," or a faded ribbon which he has tucked away to surprise mamma with. We should also encourage them to save up their pennies, and go with them to select their gifts. These shopping expeditions may involve much time and no little bother, but we will gain the satisfaction of knowing that we have nourished the little seeds of generosity which will bear rich fruit in after-years.

While there are many novel ways of distributing the Christmas remembrances, the good old family tree will never be improved upon. It is the vision of the beautiful tree, as a whole, that thrills the youthful heart, and the joy in beholding the marvel of wonder and beauty does not depend upon the quantity or quality of individual gifts.

We mothers all dread the reaction of the first few weeks following the holidays, when the fragile toys are undergoing destruction, and the "survival of the fittest" only makes confusion worse confused in the nursery. Why should the little ones fast so long beforehand, only to be overloaded with such a bewildering array of playthings that the acute attack of mental dyspepsia which is produced causes unnecessary trouble and anxiety to parents and friends? I know several mothers who judiciously distribute a few of the holiday gifts so that the preceding stormy December days shall be bright and cheerful, without robbing Christmas of any of its own happiness; for when these gifts are recognized as old friends, among the new and unfamiliar ones, on the Christmas-tree, they are regarded with a peculiar sense of loving ownership. We should strive to give happiness to our little ones in as simple and helpful a manner as possible, and at no time more than at the beautiful Christmas celebration.

*Portland, Me.*

J. W. W.

**Christmas Gifts for and from the Little Ones.**

As Christmas approaches we begin to think of the stockings or tree for the little ones. The value of a gift to its recipient is measured by the pleasure he derives from it; and to one little four-year-old a paper of tacks, small hammer, and a piece of soft board constituted "the very bestest present I ever dot." He soon learned to remove the tacks from the soft wood, and used them over and over, making letters and figures by the hour.

Give two or three files to a boy who is not allowed to have a knife, and with soft wood he will surprise you. Knitted reins of colored macramé cord, five stitches wide, are strong and make their owner happy. A box of crayons to color old picture-books with may be enjoyed when paints would not be permissible. A ball of bright worsteds, not too long a piece of each color, all started on "spool and pins," will prove very absorbing to some little girl. You know how exciting it is to watch each color come through the spool.

Let the wee ones make presents themselves. They enjoy it as much as we do. There may be profound mystification and secrecy over a bundle of paper lamp-lighters rolled and tied with a ribbon for papa. Small fingers can

fashion reins for brother on "spool and pins," hiding the work with a gasp when he appears, and heaving a sigh of relief at his failure to discover it. A suspender buckle and a piece of fancy webbing, with an initial in cross-stitch on it, make a book-strap for brother or sister. Have a child color a wood-cut the best he can, draw a picture, cut a figure out of fancy paper, or exercise any talent he may have, making himself, and certainly the receiver, happy. C. C. F.

*Rochester, N. Y.*

**A Seasonable Present for the Tiniest Baby.**

I KNOW that lots of the babies' papas and mammas, and aunties too, are puzzling over the problem of what to get for the very tiniest ones of the household, that they as well as the older children may have a little Christmas of their own, and I think I can at least help the Philadelphia mothers to find the sweetest present for Baby. It is just the thing for those tender, pink fingers to grasp, for it greets them with such a soft, warm touch in return. It is a fluffy, eider-down bunny, and it is so light that the smallest baby can hold it with ease. It costs 75 cents, and is for sale at the Woman's Benevolent Association, Eleventh Street, below Walnut.

*Philadelphia.*

R. A.

**NURSERY PROBLEMS.****Clothing for Winter.**

*To the Editor of BABYHOOD :*

What is the wisest way to dress a child in winter? I do not approve of the little thin white dresses, and want her to wear fleeced-piqué. E. P. S.  
*Boston, Mass.*

The garments should be planned so as to make an even covering for the whole body, and should be such as to seem comfortably warm to you for your house and climate, without overloading the child. All babies and children in our winter should have thick woollen undergarments. The heaviest all-wool merinos that you can find will not be too warm. They should be high-necked and long-sleeved, and long in the body. Long woollen stockings,

held up by side-supporters, are an excellent protection, and, if possible, let the child wear flannel drawers also, for the skirts fly about and cannot be depended upon. The legs of the drawers can be made separate to button on, if more convenient. (See illustration in BABYHOOD, vol. ii., page 285.) Then comes the cotton waist, which helps to protect the chest and holds the flannel skirt and drawers. The fleeced-piqué dress would be comfortable, but with an extra flannel skirt and flannel sack underneath the thin dresses can be made perfectly safe. A few house sacks are useful when the rooms happen to be cooler than usual, but should not be habitually worn.

For out-of-doors have a thick hood, or a hat



which will cover as much of the head as a hood, with warm, broad ear-pieces, fitting closely, and a heavy cloak. If the child walks she should have thick soles and leggings. If she rides she should have plenty of blankets snugly tucked around her under those used chiefly for ornament. Warm mittens are very important, and care should be taken that they are kept on if the weather is cold, for the child cannot be comfortable if the hands are chilled.

### Flesh-forming Food—Cutting the Gums.

To the Editor of BABYHOOD:

- (1) Can you give me any information as to the best flesh forming food for bottle-fed babies?
- (2) Also, is it best to cut the gums when the child is weak and slow about teething? W. P. Greenwood, Miss.

(1) The age of the child not being specified, we can only say that the best food, obtainable everywhere, is probably pure milk, properly diluted, to suit the age of the child, with barley-water. If a child is ill it may need special kinds of food.

(2) Whenever gums are hot and tender, cutting them usually gives relief, but premature cutting is generally useless at the best.

### Knock-Knee.

To the Editor of BABYHOOD:

I have three boys under five years, and, as I am my own nurse, I have watched them closely. Lately my little boy of three-and-a-half years has given me some anxiety on account of his being knock-kneed. It is only within the past six months that it has become marked. Could you suggest any cure? I have not consulted any physician. The child is a strong, active little fellow, who has scarcely known a day's illness. It would give me great satisfaction to know that something could be done to lessen this tendency. A TEXAN MOTHER.

Knickerbocker, Tex.

A child of that age can probably be cured by the proper use of braces. They can be procured by having your physician take exact measurements and sending them to an instrument-maker. If you have no physician within reach you can get blanks from the instrument-maker, by the aid of which you can take measurements yourself. The first way is preferable.

### Queries Regarding the Gertrude Suit.

To the Editor of BABYHOOD:

I wish to try the Gertrude baby suit for a baby's first suit this winter, and would like some more information.

(1) The night-gown and diaper only, worn at night in winter, do not seem to me to be enough, the night-gown being made of cotton flannel.

(2) Would you think it safer in winter to use a woollen shirt and socks night or day, though the room be comfortably warm? Of course the woollen band will be worn for a time at least.

(3) Please let me know the suit you think is all

that is necessary for winter for an infant expected in midwinter in this city. I wish to try the suit, yet feel almost afraid to. M. F.

Passaic, N. J.

(1) The night-gown may be of thin all-wool flannel with advantage.

(2) The woollen shirt can be worn by day, the woollen night-gown taking its place by night. If the clothes are long there is no use in socks. If the long clothes cannot be kept down to protect the legs, use stockings long enough to reach to diapers. The knees need protection as well as the ankles.

(3) The Gertrude suit seems quite sufficient to us, especially if light woollen garments are substituted for cotton flannel. A very young child, that cannot turn or toss, can be enveloped in a light, soft shawl outside of its clothing. Later use a wrapper of "wash-flannel" over the night-gown to keep the shoulders warm.

### Flannel Dress.

To the Editor of BABYHOOD:

I have received so many conflicting opinions from friends about the manner of dressing my baby for the winter that I thought I would like to have BABYHOOD's opinion, as I have had so many valuable hints from it. My baby will be five months old in November, and expect to shorten her clothes next month. Would a flannel dress under a white one be too heavy for such a small baby? S.

Brooklyn.

The flannel dress under the white one would not be too heavy, unless the nursery was unduly heated.

### Phimosis—Weaning.

To the Editor of BABYHOOD:

I have read with great interest the articles in BABYHOOD on phimosis. I would like to ask:

(1) Why it is necessary to be done, or had better be, as most physicians say, in every case, when there is no malformation and the little ones are just as God made them? My baby boy is now ten months old, and I would not care to have the operation performed if not absolutely necessary.

(2) At what age and how can a baby best be weaned nights; if he wakes up and wants the bottle should he be allowed to cry?

AN ENTHUSIASTIC READER.

Providence, R. I.

(1) Most physicians do not say that it is necessary in every case. The ground taken by many if not most physicians is that the operation involves no danger and may prevent much irritation. If parents will take pains as to the toilet of the parts (not simply washing externally), the operation is not very often absolutely necessary.

(2) At six months usually, by eight months pretty certainly, a child can go from, say, ten P.M. till early morning, and would better do so.

There is only one way to accomplish this. Arrange the day's meals so that the last comes at or about ten P.M. Then if food is cried for give drink and get the child to sleep without feeding. If it will not go to sleep wait till considerably after its usual time before feeding, and each night make the hour later until your set time is reached. Usually two or three nights at most win the battle. Most of the difficulty comes from the vicious habit of feeding a child whenever it cries, until it comes to feel that it cannot become quiet without the breast or bottle, when over-feeding may be the real cause of the restlessness.

### A Protruding Navel.

To the Editor of BABYHOOD:

My little girl has a protruding navel. Is there any cause for alarm in the fact? She is a specimen of good health and regular habits. It has been so from birth, I believe. C. S. L.

New Jersey.

The child should certainly be examined by a competent physician, as a "protruding navel" may be a rupture, and if so it should be treated at once.

### Moles—Outgrowing Catarrh

To the Editor of BABYHOOD:

(1) My little boy is now nearly twenty months old. When about a year old a tiny brown mole appeared upon the end of his nose, and a few months later another appeared upon the nose and one upon the forehead. They resemble freckles somewhat, and are not large enough to really disfigure him as yet, but I fear with age they may increase in size. Is there any way of removing them and of preventing the appearance of more?

(2) He has been considerably troubled during the summer with catarrh. It does not affect his breathing much, but gives him an offensive breath, especially upon waking. Would it be best to give him treatment, or trust to his outgrowing it, which I suppose is not probable in this climate?

Oakland, Iowa.

L. B. R.

(1) Moles cannot be removed by any domestic treatment. If they amount to a disfigurement they may be removed by a surgeon.

(2) Catarrh is not "outgrown," except so far as improved health may relieve it. If it is to be cured it must be by treatment, local or general, or both, as the case may demand.

### Commemorating Baby's Birthday.

To the Editor of BABYHOOD:

My baby boy will soon be a year old, and, wishing to give him a birthday party, I would kindly ask for suggestions as to cards, time of receiving, refreshments, and amusements. C. B.

Wilton, N. H.

We fear we could not give you any suggestions in regard to your baby's party; but we would suggest that some other mode of celebrat-

ing his birthday would be better for him. We fully sympathize with your desire to mark the event in some way; but a formal gathering like a party, interfering, as it probably would, with Baby's regular habits and causing undue excitement, could not give him pleasure (such gatherings generally frighten babies), and would be likely to do him harm. The chief objects of his life at present should be eating and sleeping, keeping his body in as perfect a condition as possible. If you wish to commemorate his birthday, could not he send some simple remembrances to his various baby friends, with his card, marked with name and age? Could not you have his picture taken on that day, perhaps at home among his usual surroundings, and also write a short account of his birthday to be preserved with his picture? If several of your friends should combine in doing this and should continue it for succeeding birthdays, you all would form a record which we are sure would give much pleasure in the years to come.

### Mothers' Guide—Proper Temperature of Milk.

To the Editor of BABYHOOD:

(1) Will you kindly recommend through your valuable magazine some work or works of reliable physicians upon the raising of children by artificial means? Before undertaking such responsibilities as the rearing of infants I want to read and learn all that is possible upon this subject.

(2) Will you also state your views upon giving infants their milk cold, or, more correctly speaking, upon giving milk without its being heated?

Jamesburg, N. J.

I. S. M.

(1) There are many useful little manuals. From among them we may select Dr. Jacobi's "Infant Diet," published by G. P. Putnam's Sons, N. Y., price 50 cents; and "The Mother's Guide in the Management and Feeding of Infants," by Dr. Keating: Henry C. Lea's Son & Co., Philadelphia.

(2) Uncooked milk can only be kept sweet by being kept cold—that is, too cold for drinking. For infants the milk should be about blood-warm.

### Condensed Replies to Various Letters.

M. J. G., Lugano, Switzerland.—One formula for preparing barley-water is as follows: Three tablespoonfuls of pearl barley, three cupfuls of boiling water, just enough salt to take off the "flat" taste. Pick over and wash the barley carefully. Cover with cold water and soak four hours. Put the boiling water into a farina-kettle, stir in the barley without draining, and cook, covered, for an hour-and-a-half. Strain through coarse muslin and salt slightly.

Old Subscriber, Topeka, Kan.—You will find the information about diluting you desire on page



198, May number. Give about four ounces (eight tablespoonfuls) of the mixture at a feeding, and gradually increase the amount and lengthen interval.

*B., Brooklyn.*—Your wise friend ought to explain what she meant, if she takes the trouble to excite your anxiety. We know of nothing that can be told by bluish whites of the eyes and downy cheeks. Some people have fancied them signs of a scrofulous constitution. As you have a file of *BABYHOOD*, please turn to page 86, February number, if you wish to know what we think of such notions.

*E. W., Woodstock, Vt.*—As you put the case, it is not clear that the child is rickety. All we can say on the facts presented is that the kind of movements suggests that some undigested and irritating food is in the intestinal canal. If a gentle clearing out by a dose of oil and a diminution of his food (giving more water if necessary) for a while does not relieve him, you should consult your physician and have the case looked into.

*S. M., Evansville, Ind.*—We are very glad your baby "will not eat grains or potatoes." You should not have even tried her with them.

As to foods "with milk," there is no doubt that she will take them if she cannot get the breast. It is time she was weaned, and you should begin with good, pure milk, slightly diluted (say one-third water) at first.

*R. N. McC., Warren, Iowa.*—The blood probably comes from the pressure of the fecal mass against the mucous membrane of the seat. If it continues to appear, try injecting a teaspoonful of warm oil, olive or linseed, into the bowel before the movement begins.

"*Ten with one Chicken.*"—The position taken in the paragraph alluded to seems to the editor a very exaggerated one. We cannot very well enter upon the discussion, because it is rather outside of our field. That position which is the most comfortable is the best. Compare editorial comment in same number with the article.

*M. M. H., Cambridge, N. Y.*—So far as we make out, the falling of the hair depends upon the condition of the scalp. But we do not get enough symptoms to tell what kind of trouble it is. If there is eczema of the scalp, curing it will probably stop the falling of the hair. It may be, however, that the scalp needs stimulation.

## BABY'S WARDROBE.

### Knitted Hood.

A HOOD of the following description is especially to be recommended for warmth, comfort, and durability. It is made of Angora wool,

and knitted with fine bone needles. The materials requisite for a size suitable for a child of six months are: 4 balls of the wool, 2 yards of  $\frac{3}{4}$ -inch wide lace, and  $1\frac{1}{2}$  yards of ribbon of any desirable width.

Cast on 15 stitches; knit backwards and forwards until

17 ribs have been made. Continue the last row by picking up stitches on the adjoining side, allowing one stitch to a rib, and increasing one at the corner. Knit backward and continue the

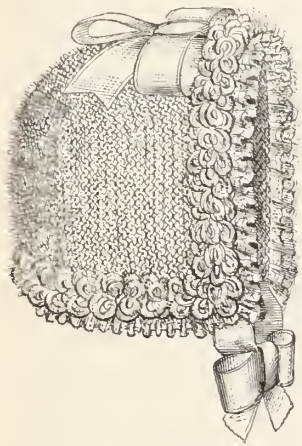
row in the same manner on the opposite side. At the completion of the row there will be in all 51 (15, twice 17, and 2) stitches on the needle. In the following row increase again at the corners, but after that knit plain, as at first, until 15 ribs have been made; then bind off. Now pick up stitches on the cape-edge and knit two ribs.

For the border use the wool as you would a narrow ribbon—that is, sew small loops around, care being taken not to draw in the hood. Plait the lace in, make a neat bow, and sew on tie-strings. Narrow swan's down instead of the loops and lace may be very effectively used. In that case a few more rows of the knitting will be required to serve as a lining for the down. Berlin wool will answer for that purpose.

COMFORT.

### Tam O'Shanter Cap for Little Boys.

To make this cap will require about two hanks of Germantown wool. Crochet a circle for the centre about three inches in diameter, and arrange that the last row count forty stitches. Then begin the waved part by crocheting alternately three tight stitches and one tight stitch into each of the stitches in the preceding row, so that this row will number eighty stitches.



Continue to increase in the same manner by working three stitches into the middle one of the three stitches in every preceding row. In the fifth row, however, skip the stitch that forms the hollow of the wave, and in the following fifteen rows the two stitches in the hollow, as shown in the illustration. Now crochet four



rows all around, continuing to decrease in the hollow, but working straight along the top of the wave, and you will then have just one hundred stitches all around, measuring about nineteen inches, the width for the inner band. Crochet six tight rows all around, taking up the



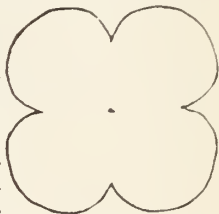
whole upper stitch, not only the back as in the waved part, and finish off. A full pompon decorates the centre of this stylish little cap. To make it, wind about one-quarter ounce of wool around your left hand, pull it off, tie very tight-

ly through the centre, cut open top and bottom, lay flat on your hand, and trim off the upper part into a round, fluffy ball.

#### A Plush Carriage-Robe.

I REMEMBER once, when I asked a young lady, in the presence of a number of others, what pretty piece of daintiness she was making, she said: "Something for a little fair that was to come off in the fall." Later she told me that she was expecting in the fall to be made an aunt, hence the "Little Fair." Doubtless among the readers of *BABYHOOD* there are numerous anticipated festivals of the same nature, and possibly my suggestion may be of value to those interested.

I have in my mind's eye a very lovely baby-carriage robe. The groundwork was rich, dark blue plush. One layer of batting gave it pleasant thickness, and it was lined with pink sateen, and finished at the edge with a fall of handsome antique lace. Its uncommon feature was the spray of snowballs that decorated the blue plush. The leaves and stems were embroidered, but the flowers were made and then sewed on. On a little pad or cushion not quite the size of *half* a snowball, were sewn the single blossoms cut from white silk of the shape shown in the illustration, each one caught on to the cushion with a French knot of heavy floss (yellow), the blossoms crowded closely together to give the full crinkled effect of the natural flower. A sprinkling of violet powder in the interlining is a dainty touch.



*Brooklyn.*

JOSEPHINE KISSAM.

## THE MOTHERS' PARLIAMENT.

**Giving Cod-Liver Oil, and Disguising its Taste.**  
*To the Editor of BABYHOOD:*

I notice in the October number an article on the best manner of giving cod-liver oil to children. It is one of the few medicines that I ever give my children, and I have never had the slightest difficulty in giving it or in having the child retain it. In an infant, whose imagination has not yet developed, I simply give ten to twenty drops of the pure oil in a spoon which has been previously warmed in hot water. This

enables the child to get all the oil which has been dropped into the spoon, none sticking to it, as it does if the spoon be cold. An infant invariably likes the taste of the oleaginous food and becomes eventually extremely fond of it; and when the mother's milk is a little wanting in caseine, the oil will be found to make up the deficiency. But when a larger child is to be given the oil for the first time, the imagination is so strong that with some delicate stomachs the child is nauseated at the bare idea of the

oil. In such cases I never tell a child what I am going to give it, but, taking a simple large peppermint-drop, I break it in half and let the child eat the first half, then hand the half-teaspoonful of oil prepared as above, and immediately follow up the dose with the other half of the peppermint. In this way I have never found a child to object to it; before a week is out the dose may be increased to a teaspoonful, and so on until, if the child be old enough, a dessert-spoonful is given. I find strong peppermint the only kind of candy that disguises the taste of the oil. Generally before the month is out the child becomes quite fond of the oil; I have often known children to be the ones to remind their mothers or nurses that the oil had been forgotten.

MATERFAMILIAS.

*New York.*

#### Professional Mothers and Amateur Nursery-Maids.

*To the Editor of BABYHOOD :*

As I have four children, the eldest of whom is five years. I find BABYHOOD a very useful friend. The articles in the October number on the "Training of Nursery-Maids" I am thankful to see. My experience has led me to think that the field of nursery-work is tilled by superannuated girls and girls who can do no other work, young and inexperienced. Both classes take it as something "easy" to do, which requires no knowledge to start with. Take up any paper which contains advertisements for situations (I have looked into French papers as well as American) and note the number of applicants for nursery-work compared with that of those seeking cooking or house-work!

Will Dr. Adams tell us where those "competent" girls are to be found? I infer he thinks they have yet to be made out of the same material as cooks. I am afraid, unless nursery-work can be hereditary and only the fittest survive, that day will never come.

But as to trained mothers, oh, how we need them! All the young ladies appear to be trained for old maids. Would not the traditional old maid disappear from the earth if girls were trained to be mothers?

When my first baby was a few weeks old I began to read every book on the physical training of babies that I could find, but I wished from my heart that in my leisurely young ladyhood I could have learned what to do, and not amid new weaknesses and new cares. Since then I have seen one baby, very sick with cholera infantum, urged to eat fried ham and blackberries, and heard one mother say that her

child was a great sufferer from diarrhoea, and almost in the same breath that he would eat four ginger-snaps at every meal and never liked meat.

Why can the young daughters of rich families not have as much instruction in nursery-work as in cooking? Would it not be possible to have day-nurseries for poor children and have these young girls for nurses? The poor children would have better treatment than at home in the care of their brothers and sisters, and the girls could learn at least to handle babies, to wash, dress, and feed them. Some institution of this kind might benefit rich and poor alike. In these days, when girls learn cooking and dressmaking at school, and all the languages, dead and alive, at college, will no one provide some way for them to learn to be good mothers?

*Newton, Mass.*

A. K.

#### Method of Dressing the Hair for Confinement.

*To the Editor of BABYHOOD :*

The mothers who read BABYHOOD will be interested, I know, in an excellent way of dressing long, heavy hair in preparation for confinement. Comb it high up on the top of the head, give it one twist from right to left, and fasten it with hair-pin, letting the hair hang over in front. Divide it, and braid each half snugly the full length, tying the ends or twisting with a bit of loose hair. Coil these braids back and forth horizontally from ear to ear, forming a coronet just over the forehead, but not covering the back of the head in the least. Fasten securely with smooth, long hair-pins. The effect is very becoming as the head lies back in the pillows, and the braids stay glossy and firmly in place a full week, as I know by experience. When the time comes to comb it, unpin the braids, and first get the snarls all out from the short hairs about the neck and face. As you loosen the braid, dampen with alcohol and water to take out the crimp and free the hair from snarls as you unbraids it.

*Philadelphia.*

S. W. T.



#### A Useful Pastime of Chicago Children.

*To the Editor of BABYHOOD :*

Some little children living near Chicago have, at the suggestion of a lady of their village, engaged in a very pleasing little work of helpful-



ness during the past year. They have collected all the old envelopes they could, cut them off neatly at the side and ends, turned them wrong side out, and thus made a little package of small blank sheets. These they tied together with a bright tape or cord or ribbon, as the case might be, cut an ordinary pencil into three small ones, sharpened each well, and attached it to their package. Then they sent these packages to the Children's Hospital, where we are assured they gladdened many dull hours for the poor little patients. But this is not all the good it did. It reacted on the givers, and started a spirit of thoughtful kindness for others which may bear fruit all their lives. We hope that other children will engage in similar good work.

M. A.

### Mothers' Meetings.

#### I.

*To the Editor of BABYHOOD :*

In asking for information about maternal associations, one of the querists in the October BABYHOOD has touched a tender subject in my life and love.

For eight years I have been a zealous apostle of this work, which is so eminently suited to fit women for their highest vocation—*motherhood*. In that time I have formed three new societies, rejuvenated four that were dormant, and addressed socially many more that were in full working order. The interest is rapidly spreading, chiefly as a result of earnest work among the members of associations auxiliary to the Union Maternal Association of Boston, which celebrated its twenty-sixth annual meeting last May. Let it not be understood that this is the *age* of the association or of its auxiliaries. The association in Woburn, Mass., celebrated its sixtieth anniversary in September. Annual reports and other useful literature may be obtained by application to the officers of the Union.

In the formation of new societies a sufficiently large number of ladies interested meet and select suitable officers. Do not be deterred by lack of numbers or interest. An association I formed last January now numbers forty-four mothers, and they all attend the meetings with the intention of adding to their interest by contributing *something*.

The president leads the meeting or invites others to do so, alternating each month, thus keeping fresh thought and new workers constantly in front. Some ladies who were at first restrained by unconquerable diffidence venture

to repeat a Bible promise, of which there are 13,000 made to believing parents, and finally become interestingly prominent as leaders. The duties of the secretary, though seldom large, are more strict. She keeps a record of the meetings and reads them each month; also a list of members, and of the names and dates of birth of their children. She sends the notices to the pulpit or to individual members. These circles are delightfully unsectarian, for, though under church auspices, we belong to no sect.

The associations hold weekly or monthly meetings. The authorized day is the first Wednesday in each month, at three P.M. At that hour, all over the world, our auxiliaries meet for prayer and conference concerning the spiritual and physical interests of our children. I say "the world," for we have connections all over Europe and in all the missionary stations of the far East and southern Africa, and our quarterly meetings, which are held in Park Street Church vestry, Boston, on the last Wednesdays in September, December, and March, at ten A.M., are rendered very profitable and interesting by reports and letters from these foreign fields as well as from our local societies.

To return to the proper conduct of these meetings. The material with which we have to work governs the tone of the meetings. For though our first and grandest aim is the spiritual advancement of mothers and children, we have found it very profitable and entertaining to discuss the many topics which arise daily to perplex thoughtful parents. In some associations, composed largely of grandmothers in Israel, the devotional element predominates; but where the younger element is largely represented there is more real practical work, and the meetings are largely devoted to papers, prepared by request, and to discussions of mooted points. If the subject is given out a month in advance, the reading for the month shapes itself to that subject, and many sheaves are brought in for our mutual enjoyment and profit. This year the subject suggested for universal study is "Prenatal Influences," which is rendered doubly appropriate in view of the growing disinclination to bear children.

The meetings are always opened with prayer and a Scripture lesson, and there are frequent opportunities for voluntary prayers. Selections of poetry and thoughtful essays are read, and always an open invitation is offered to those who wish to ask questions or express views. This interchange of thought is so stimulating and encouraging that many mothers have as-



sured me, with deep emotion, that they could not afford to lose a meeting, and that they carry the influence throughout the month. It makes better wives and mothers of us all.

In many associations each member keeps a "birthday record" of children, and remembers each child in prayer on its birthday, as all are remembered in the monthly meetings. Some societies devote a quarterly assembly to the children, gathering and interesting them all.

A well-selected loan library is most useful, and there is a large and growing literature on those subjects specially suited to our work.

*Newtonville, Mass.* LOUISE A. CHAPMAN.

## II.

*To the Editor of BABYHOOD :*

In response to a request from one of your contributors in October number, I venture to give my experience of "mothers' meetings," though I am afraid it is not the exact kind of information she wants. I have been connected for several years with a mothers' meeting, which is one among other adjuncts to the church of which I am a member. It is intended principally for the benefit of the poor class of our own parish, but is open to any who choose to come.

We meet once a week, from seven to nine o'clock, and though we began with only three members, last year there were forty. Three or four ladies have charge of the meeting, but the rector makes it a point to be on hand, if possible, and conduct a short opening service, which consists of singing one or two hymns, a prayer, and the reading of a small portion of Scripture, which he makes the basis of a simple address. This service takes up from twenty to thirty minutes, and after he has shaken hands with every one, he bids good night, and we get to work. Every mother selects a garment of some kind that she wishes to make for herself or child, so it is cut out and given her, the material (generally muslin, flannel, or cotton-flannel) being furnished by the president. These garments, when finished, belong to the maker for a nominal sum. If there are any cases of sickness, or if any of the mothers desire information in regard to themselves or their children, they present their needs, and we do what we can and give such advice as seems best. These matters settled, there is always an interesting volume to be read aloud until the hour for closing, and you would be surprised to see how anxious these poor mothers are to receive any knowledge we can give them for the benefit of their homes and little ones, and how eager

they are to hear the next chapter of the story. Sometimes the children come with them, and it is remarkable how well they behave. There are always two or three small ones, and as they are apt to grow tired, we try to give them employment; so one little girl distributes the hymnals, another carries the basket of needles, spools, etc., from one to another and collects them again, and before they know it nine o'clock has come.

We begin the meetings in November, and close in April or May, according to the weather. On Thanksgiving night we give a feast. The eatables are donated by members of the congregation, and we set a handsome table with meats, fowl, bread, buns, fruits, and *always* flowers. At Christmas we always provide a small gift for each of the mothers, and when we close in the spring we have ice-cream and plain cake.

All the children come on these two festive evenings, and it is good to see their happy little faces, and if by chance one is absent her share is given to the mother. Any fragments that remain are given to the mothers to take home. At odd times during the winter we endeavor to have short lectures, or rather talks, given by different persons on subjects of general interest, such as hygiene, accounts of meetings in other places, etc.; but in this feature we have not met with much success. The two special principles we try to inculcate are neatness and cleanliness, in their homes as well as in themselves, and though there was considerable trouble in the beginning, there is none now. The children's faces shine, every head is combed, and their attire is always *clean*, whatever else it may be, while even the most careless among the mothers "straightens herself out" before she comes to the meeting.

Since writing the above I have made inquiries in regard to other mothers' meetings in the State, and find that they are conducted in pretty much the same manner, with slight exceptions. In some places the garments made are given outright, but this we cannot afford to do, though our charge is far below the cost of the material. Some meetings are conducted by the minister's wife, instead of himself (as was ours at one time), and she gives talks such as one mother can give to another, which are found exceedingly helpful.

*York, Pa.*

J. W. M.

## III.

*To the Editor of BABYHOOD :*

Noticing in the October BABYHOOD a request for information regarding the method of con-

ducting "Mothers' Meetings," I venture to give my experience in that line.

Last spring I got up a club of twelve members for BABYHOOD, after having taken the excellent little magazine for the year previous. At the same time I conceived the idea of holding mothers' meetings, and knowing that all BABYHOOD mothers would be interested, I invited them to meet at my house and organize. They did so, and officers were elected, the president's duty being to read out the programme, and the secretary's to keep a record of the meetings. The meetings have been held at my house every two weeks since. Each afternoon some topic relating to the care of children is taken up and discussed. Two ladies, previously appointed by the president, read from something they have culled, or relate from their own experience all they can pertaining to the subject. It is then discussed generally, and questions are asked and answered as far as possible,

and all we can learn about it is brought out. Then if there are other questions not bearing directly on the subject, or problems pertaining to the nursery to solve, they are brought forth. Often one will have an experience that another has not, and we can learn a great deal from each other. BABYHOOD is standard authority at these meetings and is often referred to. We glean our knowledge from whatever source we can that is reliable—medical works, home journals, etc.—and our own family physicians are often quoted.

We have found the meetings very helpful and enjoyable. The babies themselves are not excluded (for we allow no one the excuse that they could not leave Baby), and sometimes we have half a dozen or more of all ages, and we make them happy with blocks, toys, hammocks, and baby-jumpers while we discuss the things that relate to their welfare and happiness.

*Norwalk, O.*

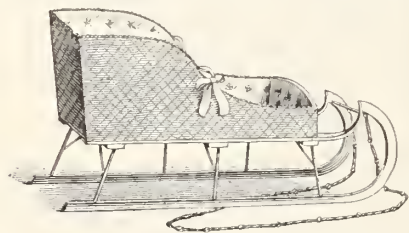
F. D. L.

## NURSERY HELPS AND NOVELTIES.

### Home-Made Sleighs.

PERHAPS some of BABYHOOD's readers would like to hear about our Baby's sleigh, made during the last winter season.

The snow was too deep for the carriage, and the little sleighs cost so much that Baby's mamma had about made up her mind that Baby



must give up his daily ride. One day I thought I would see if I couldn't manufacture something suitable, to be used about home. I found two soap-boxes (to be obtained of any grocer), which I easily knocked to pieces, and, selecting the larger piece, drew a plan of a sleigh. Then, with saw, jack-knife, nails, and hammer, I soon had the frame made. This I covered with a deep shade of garnet cotton flannel, then with a simple crocheted net of coarse macramé cord, drawn very light. The inside I upholstered with the flannel, finishing the edge with a braid of the crocheted cord. On either side are crocheted loops, through which is drawn a ribbon,

to be tied, in place of a strap. The box completed, I screwed it on to a light frame sled, laid in the carpet of flannel, and put in the seat. The rope is made of six crocheted strands of the cord, putting five together, carrying the sixth along, and tying all every three inches.

Now Baby and mamma were as happy as if his sleigh had cost five or six dollars. At first mamma thought she would like it much better if she could push instead of pulling the sleigh. But when she got hold of the rope she seemed to remember what sport she used to have with a sled. Altogether the sleigh is quite 'cute, and is much complimented. Where there is a man who will do the work, some might prefer to finish the outside nicely and then paint it.

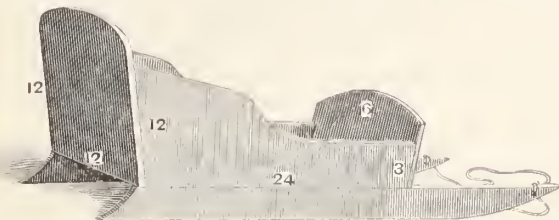
*Stockbridge, Mass.*

AUNTIE.

FOR those who believe in winter airings for the little ones this home-made sleigh may be acceptable. It is easily made, and the cost is slight.

The boards are well seasoned, and  $\frac{1}{2}$  inch in thickness. The dimensions, in inches, of outside boards are shown in the drawing. Besides these boards are four strips for corners, 6 to 12 inches in height, and  $1\frac{1}{2}$  inches each in width and thickness. There are also two strips 3 inches in height for support of seat. The bottom is 23 by 11 inches. The seat is 11 inches in width and  $9\frac{1}{2}$  inches deep. Corners to fit strips

are cut from the seat, as shown in illustration. In putting the sleigh together the sides are firmly nailed to the strips, and to this are nailed the ends. The bottom is now put in, and held



in place by nails. If the dimensions are exact, no trouble will be found in fitting the bottom. Strips for the support of the seat are screwed to the sides, and the seat fastened to these. The sleigh is finished with a coat of painted shellac. It may be nailed to any sort of a sled, or, by cutting holes through the bottom, strapped.

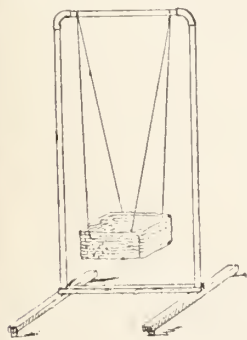
The sled I have in mind was covered with a tiny drawn rug, and had a warm robe of fox-skins. It was for a boy of three, and very comfortable. The dimensions may be varied according to the size of the child.

*Fryeburg, Me.*

HATTIE A. PIKE.

#### A Swinging Crib.

I WOULD like to tell the readers of BABYHOOD about the crib our baby has. My husband made a frame of gas-pipe, the two upright pieces being some over six feet long, the piece across the top about three-and-one-half, and the feet something over two feet long. The brace across the bottom is of wood. The crib is made of hard-wood, though I think a willow basket would be better, and is hung to the cross-bar by very heavy picture-cord. The frame is on casters and can be moved easily, and the crib, once set in motion, will swing for some time, allowing the mother to attend to other things. The motion is so gentle and ceases so gradually that Baby is not awakened when it stops altogether. When I read about that summer crib made of

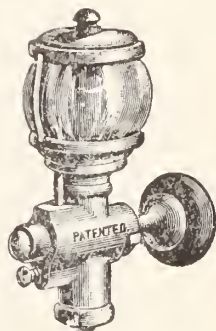


wire netting, I thought if it was hung on a frame, instead of set on rockers, it would be such an improvement. When Baby is too old for the crib, a swing could be placed in the frame and be one more amusement for rainy days and other times when it is not advisable to let the children out doors.

*Milwaukee, Wis.* J. G. W.

#### Self-Lighting Attachment for Gas-Jets.

THE "Matchless" self-lighting attachment for gas-burners is especially valuable in the nursery, where an instantaneous light is often required, and where it altogether does away with the use of matches—dangerous articles to be anywhere within the children's precincts. The lighting is effected by means of a small concealed flame constantly alight, but so tiny that the cost of gas consumed is too trifling to be estimated. This little flame is surrounded by a transparent globe or lantern, and it sufficiently illuminates to be a most convenient night-light for bed-rooms and nurseries. The little flame is made to burn more or less brightly by turning the adjusting screw out or in. To adjust in position for use, it is only necessary to unscrew the ordinary gas-burner from the usual gas-brackets, and screw the "Matchless" burner in its place, but always in an upright position. Its price is \$1, and it is manufactured by the Matchless Lighting Co., 92 Chambers St., N.Y.



#### Safety-Clamps for Securing Children in Chairs.

AN ingenious and simple contrivance for securing young children in their high-chairs while sitting at table are the safety-clamps further distinguished by the name "Baby's Friend." These clamps are adjusted one on each side of the chair. The table-cloth will not interfere. By turning the thumb-screw the clamp takes a firm hold of the table, bringing the ends of the straps around behind the chair. By buckling tightly they hold the chair securely to the table, and the mother is relieved of all fear that the child may push itself back and fall out. The price of these clamps is 50 cents. They are made by John Goodliffe, 575 Quincy St., Brooklyn, N. Y.



## HIGH-CHAIR PHILOSOPHY.



AID Aunt Olivia, slowly, to a six-year old who *would* run away, "Willie, you are a naughty boy, and your mother said, when she put you in this room, that you should have only bread and water for supper; but I am sorry for you, and if you will be good, I will give you bread and butter." "Keep your bread and butter," responded Willie. "If my mother said I couldn't have it, I don't want it!"—*M., Lasalle, Ill.*

—A little girl in New York was in the habit of going to the Episcopal Church, and one day she came home and asked her mother if the prophets were hung on the commandments as gifts were hung on Christmas-trees, for she heard the minister say, "On these two commandments hang all the law and the prophets."—*X.*

—Little Eddy, four years old, lived with his parents in a large Western city. He had been very sick, and as soon as he was able the doctor ordered that he should be taken to the country for fresh air every day. So on a pleasant morning his mamma took him in the comfortable family carriage and drove to the home of a friend in the country to spend the day. Almost as soon as they arrived there the big farm-dog chased a skunk under the house. The odor was so overpowering that little Eddy, who was still very weak, had a sinking-spell, which necessitated their starting immediately for home again. On the way he inquired: "Mamma, does God make skunks?" "Why, yes, Eddy, I suppose He does," was the hesitating answer. Eddy, after a moment's thought: "Well, if He got a good sniff of one once I'll bet He'd never make another."—*E. H. J., Sendai, Japan.*

—A small colored boy was playing with Paul, two-and-one-half years old, and had been brushing his shoes. Paul tried to do it himself, but could not succeed in making the shoes shine. "Come here, Byron," he cried, "and spit some more black."

Some girls were questioning Paul about his sister's wedding-dress. He described it by saying: "She had something all over her head and way down, so the flies would not bite her," evidently mistaking her bridal-veil for mosquito-netting.

I was lying on a lounge for a short afternoon nap, and was disturbed by Paul calling very loud, "Mamma!" several times. I pretended to sleep, to get rid of the little intruder for a while, when he came up to me on tiptoe and whispered in my ear: "Mamma, have you lost your tongue?"—*Mrs. A. Oberdorf, Centralia, Kan.*

—A little boy of our acquaintance had had his use of shall and will so often corrected that one night in saying the Lord's Prayer he said, "Thy *shall* be done" in place of "Thy will be done."—*Y., New York.*

—On Fast-day Henry was taken to church (having just passed his third birthday), and the following morning, while trying to get his eyes open, said: "Mamma, is this a slow day?" He was not at first understood, and, when asked what he meant, replied: "Yesterday was a fast-day and I went to church but I like slow days best, so I can go to kindergarten."

He was left over-night not long since with an aunt. When asked what kind of a boy he was going to be without mamma, he said: "A good one; I haven't anybody to *punish* me."

This little man is allowed in the room with mamma while she practises at the piano. A music-teacher is the next-door neighbor, and one day chanced to be playing while mamma was practising. Henry stood listening and thinking, and finally said: "Mamma, I hear somebody playing; you don't play. What do you do?"—*M. N. L., Berkeley, Cal.*

—Children have many playthings, but six-year-olds do not often play with words as does little Georgia, who said: "Mamma, I know how it was with Cain and Abel. Cain killed Abel with a *cane*, and Abel wasn't able to help himself."—*H. K. G., West Chenango, N. Y.*

—There are so many high-chairs in our family that the philosophy and theology coming from them are often unheeded, but occasionally a bit gets noted.

When our Flaxie was three years old she became much interested in the idea that God sees everything, and would often ask: "Does God see me now?" "Did God see that?" She herself is a great case to fall, and always does so on the slightest provocation. One day she was rather naughty, and I said: "Ah! Flaxie, God sees you now, sees just how naughty you are." She answered coolly: "If God stands up there in the sky always peeking down at me, I believe He'll get a tumble."

A few months later a new sister arrived and Flaxie was an interested spectator of Baby's bath. She wanted to wash her dolls in the same way, and why couldn't she? Water did not hurt Baby's skin, but would spoil doll's cloth body. Then wouldn't mamma make her a skin doll? Mamma could not. Who made the baby? God did that. Still she kept sighing for a "leal skin doll that I can wash in leal water, and not just pretend wash." A number of little garments were laid out to mend, and mamma noticed Flaxie carefully making each into a little roll and laying it gently on the bed. "What are you doing, Flaxie?" "Oh! just pretending I'm God making babies. These are all *skins*, so the babies I make can be washed with water and not a dly lag."

She had her picture taken, and when the proofs were sent home her sister Gipsy, five years old, was looking at one. She sniffed it, turned up her nose in a disgusted way, and said: "O Flaxie, how you must have *smelt* when you had your picture taken!" Flaxie, indignant: "I didn't." "Indeed, you *must have*; just smell of this!"—*E. D. S.*





# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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No. 38.

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WITH the beginning of the year we would urge upon parents the desirability of keeping a simple diary of the more important incidents in each child's growth. We do not mean necessarily a complete history, according to the elaborate schemes published in various blank-book forms; these are excellent for those who will or can take the time necessary for their proper use, but are forbidding in their appearance to most mothers and practically are seldom kept up. But a small pocket diary for the year can be obtained for fifteen or twenty cents, which, with the traditional stump of a pencil, can be kept at hand always, and will frequently tempt one to jot down, however carelessly, some little item which may or may not have a subsequent value, but which would never be noted if its recording depended upon pen and ink and carefully-selected phraseology, suited to a bound book of fine paper supposed to be open to the gaze of friends. Many are the questions which arise, as to the date of a certain illness, cutting of a tooth, visit to So-and-so's, or the taking of a photograph, weight at a certain age, change of diet and its character, adoption of different clothing, utterance of particular words or sentences, etc., etc.; and many such incidents, though seemingly insignificant at the time, serve to fix the date of much more important things. Such a series of notes may, at any later time, be incorporated in the more permanent form of "The Mother's Register," "The Mother's Record," or other similar publications which are to be seen at book-stores. The first-named was, we be-

lieve, the pioneer of all, and is probably the most complete in its formulas, so far as a scientific value attaches to the story it is designed to tell—as the author puts it, "the mother records for the physician to interpret." But, whether finally thus copied or not, such memoranda as we suggest are bound to be useful in various ways, and, if kept with no pretensions to being anything more than a private note-book, will be likely to be well filled, and to become more prized with each added year of their preservation.

The distinction between the words vocation and avocation is not without its importance and application to each and every parent. Happy is he who, learning it in his youth, provided himself with an avocation to act as a safety-valve to an overtaxed nervous system! Parents sometimes worry because a child shows an especial bent or taste for something that does not promise to be of any practical advantage in the future. Tastes for drawing, music, and even for modelling in clay have been foreshadowed at a very early age; and the hearty encouragement of such and similar tastes is urged not only as a help to symmetrical development, but also for the immense future benefit and satisfaction that will result to the child from their possession and exercise. We all need the avocation as a foil to the vocation. We are better merchants, doctors, lawyers, as we are better mothers, wives, and daughters, for having the ability to step aside from our daily mental routine and give the set of brain-cells used so constantly a much-needed

rest. It is said that Hans Andersen cut paper figures with surprising deftness, while the clay pipes of a great Russian novelist and the horse-shoes of a distinguished American divine were models in their own way. But better than figures, pipes, or horse-shoes was the relief to brain tension and too constant application in one direction. He who has "a regular occupation and a taste which gives him rest and pleasure enters life not with one staff but with two."

In a recent article in the *New York Medical Journal* Dr. Van Santvoord calls attention to a frequent dislocation of one of the bones of the forearm that is peculiar to childhood, and is most commonly observed in children of from two to three years. That a dislocation of any sort is frequent at this early age will surprise many; but when we learn that the one here referred to is usually produced by holding up a child by its arms, or by "lifting it by the wrist over a gutter," our wonder will cease, for the general nature of this practice has impressed itself upon the most casual observer. Just why it is that many who are fully alive to the delicacy and immaturity of Baby's organization in other respects cannot get over the feeling that his arms are merely handles by which he may be conveyed from place to place, is a mystery we will not attempt to fathom. That the tender ligaments should resent this violent traction upon forearm and wrist, and that displacement and some deformity should result, accords with common sense as well as anatomy. "Pulling the arm through a tight sleeve" has also been known to produce this displacement—a very proper caution to all, but of especial pertinence to those, known to some of us, who pull Baby's coat or jacket on or off very much as if they were tearing the husk from an ear of corn. Dr. Van Santvoord thinks that this accident is a very common one, and that it is often present without attracting especial attention, since in most cases "the dislocation is spontaneously reduced by the muscular movements of the child." The displacement referred to has been no-

ticed in adults under circumstances that make it probable that, beginning in infancy, it had gradually given rise to a more or less permanent joint injury.

Much has been written upon the symptoms, course, and treatment of whooping-cough. BABYHOOD has given much and ample instruction on these points, but no one has risen to tell us of its ethics. Here is a large and as yet unoccupied field for the most active kind of missionary labor. If we may believe current opinion, there are mothers who lose all conscience when their children are in the grasp of this most tedious and trying malady. They allow them to pervade the street, the park, the car, the country boarding-house, the seaside hotel—wherever they may chance to be in a condition to communicate the disease to the susceptible ones among the children about them. There is a selfish lack of consideration in all this that has had its tragic side in more than one case, to the writer's knowledge. Delicate infants, and children convalescent from some exhausting illness, are sent into the country to recuperate their energies, and there fall victims to whooping-cough or the exhaustion consequent upon it, at a time when their systems can bear no added burden. There is a perceptible confusion of the rights of mine and thine in these cases that calls for regulation. The needs in the way of air, diversion, and exercise necessary in the later stages of the disease can all be fully met without compromising either the rights or safety of others.

It is always amusing to watch the antics of the newspapers when one catches another in the cribbing of information from some standard source and palming it off as original or as "news." It is no part of BABYHOOD's work to account for the multitudinous sins of editors—we are overwhelmed with the responsibilities attached to rocking the cradles and cleaning the nursing-bottles of the editors of the future—but one of the enterprising papers whose business it is might have pointed out an escape in the

columns of a daily "esteemed contemporary" in this city the other day, and compared it in parallel columns with the utterances of a certain other high authority. Such a comparison—sentences here and there at random—would have looked like this:

ALLEGED NEWS OBTAINED BY A REPORTER DETAILED TO "WRITE UP" THE DANGERS TO THE RISING GENERATION FROM POISONED CANDY

FROM AN ARTICLE PUBLISHED IN "BABYHOOD" ABOUT THREE YEARS AGO.

... Cases are on record of lead poisoning caused by merely moistening with the tongue wafers colored with red lead. How much more injurious is confectionery, colored in like manner, when taken through the stomach!

... See first whether the color can be dissolved out by alcohol; if it can, immerse the woollen yarn in the solution, and should the color adhere to the yarn and dye it the probabilities are that it is a coal-tar color; if a red, it may contain arsenic.

... Dissolve the candy in a tumbler of water and view the water in the sunlight against a black background. If fluorescein has been used the green fluorescence will then be seen. When the tumbler is held between the eye and the light the color of the water appears yellow. If no results are obtained by any of these tests the suspected candy is probably colored by chrome yellow and is poisonous.

... The test for starch is an accurate one. Dissolve a sweetmeat in a little cold water and add a drop or two of the tincture of iodine; if a bluish color is developed starch is present.

We won't name the paper which obtained its manuscript in this way, for it is a good friend of BABYHOOD's work, having often commended it very earnestly, and we don't want to appear to be finding fault. We only suppose it was a little joke on the reporter's part which his chief didn't know of, and we think all should have an opportunity of enjoying it.

Some of our correspondents think BABYHOOD has not dealt fairly with the question of "Fruit Diet." The reasons offered are that the diet is not to be literally interpreted as a diet of fruit, but that it is but partially such; and, secondly, that no one would be likely to carry the diet to such extremes as to do harm to the child. BABYHOOD still believes that the sentence used in the November number, "Fruit is a very proper

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part of the diet of a pregnant woman, but entirely unfit as a sole reliance," expresses the truth as nearly as can be. If fruit is to be only a part of the diet, it is not fruit diet any more than drinking milk at or between meals constitutes milk diet; and if prospective mothers only interpreted the method in that way, and with the fruit took a general mixed diet, with such modifications as the individual case demanded, there would be nothing in dispute. A person may have difficulty, for instance, in eating flesh, and may prefer poultry, or may prefer to get the necessary animal food in milk or eggs, and so on indefinitely. But unfortunately some persons do interpret the fruit diet pretty literally. It is no new theory, and the writer has known of its application many years. But, not willing to trust solely to his own experience, he made inquiry among practitioners likely to know of the results. The results were additional evidence against the plan, chiefly as impairing the health of the mother. In the meantime BABYHOOD received quite a number of unsolicited communications from ladies, detailing the ill results, as they considered, of the method upon the health of the child. The truth as to all plans of treatment is this: Success, or apparent success, is heralded; failure is generally allowed to go unpublished.

The foregoing explanation has been made because one correspondent has thought BABYHOOD spoke from theory alone. It may be not improper to say that it is the aim of BABYHOOD not to admit into its medical columns anything that has not been based upon experience. It is not addressed to an audience of physicians, who can sift the evidence, therefore it feels in honor bound to sift the evidence itself before expressing any decided opinion. When problems come to BABYHOOD concerning points upon which only specialists can speak authoritatively, these problems go to specialists for answer, and some of our readers would be surprised if they knew the amount of inquiry necessary before the reply came.

## CHILDREN'S HEADS.

BY LEROY M. YALE, M.D.

## I.

THE physician is asked so many anxious questions concerning children's heads—whether they are too large, whether their shape indicates this or that morbid tendency—that it seems worth while to consider the matter in a general way, and also specifically as to those points about which definite statements may be made. Some of the anxiety of mothers about their children's heads is well founded, some is the result of misapprehension, and we should be very glad



if, while aiding in the recognition of real troubles, we could allay groundless fears.

Every one is familiar with the fact that in infancy and childhood the proportion of the height and size of the head to the whole frame is not the same as in adult life. All the parts of the body have different relations, as was briefly pointed out in an article on "Proportions in Growth" in the second volume of *BABYHOOD*, but just

now we are concerned chiefly with the head. Many persons know that artists use the height of the head as a unit of measurement in determining the proportions of a figure, which is said to be so many "heads high." Those who have studied ancient statues know that these figures usually had a different proportion from that seen to-day in living persons, the ancient standard for an adult male figure being about eight heads. Whether this was a natural proportion or not then, it is not so now in civilized countries. It is generally believed that civilization has affected the size of the head, even at birth, and this fact has been considered of importance by many writers upon midwifery.

But not only is the head nowadays a larger part of the whole frame than formerly, but children's heads are relatively much larger than those of adults. The two figures here reproduced were drawn from photographs, and have been made of the same actual height, in order that the different relative proportion of the heads may be easily recognized. The first figure is that of a young adult—one of the actors in the Harvard Greek play, in fact. It will be noticed that the whole figure is a little more than seven heads tall, and this proportion will probably not materially change. We say "not materially," because the actual period at which the complete height is attained is much later than usually supposed. An examination of the height of nearly two hundred thousand men accepted as soldiers in our war showed that there was a slight increase up to thirty-five years of age. It is also, we believe, a common observation, at least among the classes that notice such things, that there is a slight increase in the size of the head after adult age, which



probably is not all due to the thickening of the scalp.

The second figure is that of a healthy boy under four years of age. It will at once be observed that his head is relatively much larger than that of the other figure, and that he is five heads high.

As in adults, so in children, the relative size of the head will vary with individuals, very often from hereditary peculiarities. Any one may make comparative measurements, if there are at hand full-length photographs which have not been distorted by the tricks of the photographer, who is too apt, in an attempt to make "artistic" work, to pose the child in such a way as to exaggerate the head or the ringlets, or whatever the special beauty of the child is thought to be. It is not easy to measure young children themselves, without especial facilities, but with an ordinary pair of dividers it is easy to try the photographs. The points to be determined carefully are, the height of the head from its highest point to the level of the point of the chin (not to the point of the chin itself, as this is a diagonal line, but a vertical line to a point on a level with the chin), and then the bottom of the heel. Having determined the height of the head, see how many times it will go into the entire height. Measure a

number of photographs of children about the same age as the child that has excited the inquiry, and make an average of proportions.

The relatively large size of a child's head which actually exists is sometimes apparently increased by the absence of strong markings on the face. The small nose, the undeveloped ridges above the eyes and cheekbones, and smaller jaws, give the child's face an apparent smallness and the head a corresponding bigness. Another and more important cause of error as to the size of the head is the slenderness, in some children, of the neck and the body generally. If the general relation of the head to the height of the child is found to be correct, and the head still seems too large, the question becomes, "Is the body large enough?" And here the fault is generally to be found. Civilization has developed the size of the head without correspondingly increasing the bulk of the body. And threatening disease is more often hidden in a poorly developed body than in an overgrown head. In fact, so long as the head is right in its conformation, it may be doubted if oversize, pure and simple, is ever a sign of disease.

The consideration of variations in shape from normal types will be postponed to the next number.

## WHICH IS THE TRUE AMERICAN MOTHER?

THE plaint of "Eine Mutter," in the November BABYHOOD, has fallen upon attentive ears and quickly responsive hearts, and if her views have called forth somewhat more of criticism than of sympathy, they have not failed to excite a most lively interest in the one "walled in" at "Kinderville." Of a large number of communications sent us upon the subject the following are representative:

"Marjorie Flemyng," of St. Louis, Mo., had no sooner read her letter than she "felt like walking right over" to help her,

"not in her tasks but in her spirit, which I have no doubt waked an echoing wail in many a tired

mother, who had not known how abused she was until this sufferer gave her the key-note and prompted her to groan with her in chorus."

She prescribes the wine of mental diversion for domestic burdens and life-worries, while she urges the tired mother to find mental food "by going aloft into the elevating thoughts of others."

"A good poem, dragged to light from memory, has helped me make a pair of knee-pants or cook a meal many a time; and if perchance some line failed me, the pleasure of going, with Baby on my hip, to reassure myself, or even of putting it by as a question for 'John' in the evening, gave a pleasant joy to my otherwise dull routine."

Things are never so bad but they might be worse, and it is a wise philosophy that

teaches us to extract the good to be found to a greater or less extent in every situation in life.

"It is only a little while," she urges, "Pregnancy is only nine months, and for every ache and pain there is the glorious beacon ahead to feast your heart upon—a baby for your own, a life which will carry yours into another century, a bit of eternity awaiting your impress! The weak days of birth seem long, but with your uplifted eyes you will look beyond them and begin to revel in the future's companionship and help and love from the little bundle beside you on your pillow. The sewing *is* wearisome, but a song helps it on wonderfully, and I find whistling such an impetus to my sewing-machine that it does double duty on a brisk tune. And if sometimes you grow so weary that you can neither sing nor whistle, if the back aches and tears are the only things that 'come easy,' be patient with yourself. Without foreboding, or decreeing that the end of endurance is at hand, just have your cry out, and accustom yourself to saying *and believing* 'to-morrow things will be better, or I shall be better able to meet them.' And if the to-morrow bring another baby? Well, that means hard work and little play for a few years, but it is a happy thing to be tired in a good cause, to be tired for others rather than tired of one's self; and after all, babyhood is fleeting. Ah! how that checks my impatience! I shall not be necessary to these children long; they are not always pliable as in these nursery days."

It is not necessary that either the exercise of especial talents or the enjoyment of cultivated tastes be wholly neglected, for "there will come breathing-times all along," and the singing heart will make the most of such.

"I speak from experience. My music was put away when number two came to us, and when, in sixteen months, number three came and the piano was sold, the prospect looked dark. But I played my old sonatas on the babies' backs as I patted the colic away, and I sang my old songs as I worked over my button-holes, until times brightened (as I knew they would). If a mother of six children takes all the responsibility, all the care of them, and does all the work too, there is a mistake somewhere in her management. Children are made happy by being allowed to help. I have a Scotch family near me which serves as a good model. There are only ten of them, but they are all so delightful it keeps you regretting that there are not more. When the third baby came it was called the baby of the oldest. The latter was deputed to pick up after it, to amuse it, and later to dress it, etc. The fourth was the adopted child of number two, the fifth of number three. Number six looked to number four as her foster-mother, while seven was accounted the charge of five."

The effect of this was not only to lighten the mother's burdens, but gave the growing children a sense of co-operation while it educated them for future responsibilities; it also increased the sense of companionship between parent and child.

"Helen Gray," of Fairmount, Pa., thinks that one may have too much of a good thing, even in babies. She has no sympathy or patience with the mother who shuns maternity through a love of personal ease or gratification, but believes there may be reasons that lie in the physical nature of the parent why limitations should be set upon the growth of the family. "The duty of parents to children is a higher one, in my estimation," she writes, "than that due us from them." This duty is the transmission to them of a sound mind in a sound body. "What we may have of time and strength to bequeath to two or three will not stretch into enough for half a-dozen."

"A Philadelphia Mother" dissents strongly from the position taken by the writer of the article on "Shunning Maternity," and thinks "the reasoning is wrong and the standard a low one."

"In contrast to such sentiments I would like to quote from an article on Baron Bunsen which came to my notice a short time ago, and which struck me at the time as worthy of note. After speaking of his joy at the birth of his first child, it says: 'The birth of a child was matter of unmixed rejoicing to him from the first to the twelfth; and he did not suffer his soul's exultation to be checked by gratuitous apprehensions, practically exemplifying the sense of a verse in his favorite hymn—

"'Still for the creatures He has made  
Our God shall well provide;  
His grace shall be their constant aid,  
Their guardian every side,'

"Any one who has read that delightful book, 'The Life of the Baroness Bunsen,' will recall the happy home-life here pictured, which was doubtless due in great measure to the pure, loving spirit of both father and mother. None but parents who hold such views, and who welcome each little one as the gift of the Almighty, can know the full happiness of married life."

While acknowledging it not possible for a devoted mother to give "as much time as formerly to intellectual pursuits," she dissents from the conclusion that the husband finds his wife or home any the less attractive in consequence, or is any more disposed to "seek outside enjoyments."

"I cannot now recall a single instance where the cares of a family have had an alienating effect between husband and wife, while I can recall many where exactly the reverse has taken place, the parents growing more and more united as years and cares increased."

Nor does she agree to the proposition that

children are not really desirable, since we cannot tell into what they may develop.

"Children are the heritage of the Lord,' and if we accept them as His gifts, and strive, with His help, to train them as we should, I feel sure we have no need to fear for their future, but may feel, with Bunsen, that He who has made them is able to care for both their temporal and spiritual needs.

"I will only add in conclusion that if there are found thousands of my American sisters to support the views which I oppose, I trust that tens of thousands may arise to combat them; and that our daughters may not have reason to blush, as we have, that it should be necessary for the medical profession to uphold truth and right before our eyes, and urge us to the performance of our duty."

D. M. E. D., of Osterville, Mass., has no patience with any father who leaves the mother to the society of a fretful child, while seeking more congenial company elsewhere. She adds:

"A man capable of preferring any place to home, because of the delicacy of his own child, might possibly prefer any place to home though *no* children darkened its threshold. Something *in the man*—other than an objection to sickly children—explains such a preference."

The influence of child-bearing in improving the health and increasing vitality she asserts to be strong, and quotes an opinion to the effect that "it is not maternity, but the refusal of its responsibilities, which has done so much to bring about the decay of the family." The cheerless state of a childless old age is sympathetically commented upon, and the emptiness, at such a time, of accumulated wealth and mere intellectual attainments, is pointed out.

C. D. H. writes from St. Paul, Minn.:

"From the depths of my soul I pity the mother whose second baby comes so quickly as to crowd the first from her arms, but I cannot but blame her as well. Is it right for her to allow a child to be deprived of her especial care and watchfulness through the trying 'second summer' and the last hard teeth, to leave the charge of his clothing and diet to a nurse just when care is most necessary?"

"Who shall decide," she adds, "the number of children in a family, if not she who is to bear them?"

H., of Boston, Mass., writes with a tender pathos:

"We are poor, and having another baby would mean just this to me: More work, more fatigue, more self-denial, more anxiety as to how bills are to be met, more doing without pretty things I love, less outside society, and less of my husband's; less sleep at night, less time for reading and study, and yet unalloyed and supreme joy. When my

boy was eighteen months old—and up to that time I had cared for him myself, night and day—I had the hope given me of another gift from Heaven. I counted myself blessed among women, and thanked God many times a day. I lay awake at night, simply too happy to sleep. And for me maternity does not mean merely a week or two of suffering. In the case of my first baby it meant confinement to my room and bed much of the time, and constant suffering through all the months before Baby came to make me forget in a moment all my pain. And so again I was confined to my room, and most of the time to my bed, for three long months, and then the worst evil befell me—I lost my baby. And for the sake of the little being I never saw or held in my arms, I carry to-day a constant heartache and longing, and I believe 'thousands of my American sisters' feel in just the same way. I do think that one of BABYHOOD'S most precious results will be an increase in just this feeling."

"An old-fashioned mother," of Manayunk, Pa., feels that if the picture drawn by "Eine Mutter" is true of the average mother's life, she does not feel like blaming young women for "shunning maternity." She wonders if times have so changed that it is no longer possible for one to be what the Bible calls "a joyful mother of children." She knows the trials of a life of close economies, but yet has time to discharge the multifarious duties of a minister's wife—"a busy wife of a busy man." The care of four babies has only served to add to her health and strength, which has increased with each addition to her family.

"The clinging touch of those baby-fingers is so sweet to me, the music of the merry voices so dear, that I can scarcely understand a mother's heart that feels differently. I have found that being with our little ones has kept me young at heart, and, though they are a care, it is one I would not willingly relinquish for all the rides in the world or leisure for intellectual improvement."

She is confident that the sympathy expended upon the woman of many babies is misplaced and gratuitous, and adds:

"It is *not* the childless married woman that is to be envied, but she who, despite all the cares and anxieties of a mother's life, is far happier and usually healthier and younger-looking than her childless friends."

E. S. A., of Northboro, Mass., bewails the degeneracy of the times in allowing maternity to be discussed from the standpoint of expediency.

"Formerly children came as a matter of course, and were welcomed as a special blessing, and God was thanked for them, and the care and trouble which came with them was accepted also as a matter of course, as part of life's discipline."

But now children are looked upon as an

imposition, and mothers are "walled in" with them. At the same time she recognizes that diametrically opposed opinions are held upon this subject by "equally high-minded individuals, leaders in good sense and human progress." But she has no sympathy with families "born to order,"

and mentions the law of Malthus and its effect in limiting the size of families among the poor, only to contrast it with a noble Massachusetts mother "whose quiver was full of them," and whose home and influence were an inspiration to all that came within the reach of her example.



## WORMS AND WORM-FEVER.

BY C. L. DODGE, M.D., KINGSTON, N. Y.

THE belief has been prevalent, time out of mind, in the community at large, that the presence of worms in the intestines constitutes one of the chief causes of disease in children. Every old granny is firmly of the opinion (as the result of her experience) that every sick child must be "bothered" with worms. Any mild attack of irritative fever occurring in childhood as the result of exposure or some indiscretion of diet is popularly termed "worm-fever." I saw a case not long since of malarial fever pure and simple, which yielded to quinine in three days, that had been treated as "worm-fever" for three weeks, and, I need not add, without any improvement.

### Supposed Manifestations of Worms.

The "symptoms" of worms are legion: the most prominent ones are said to be red cheeks followed by pallor, lower eyelids swollen, with a blue ring beneath, thirst, nausea and loss of appetite, sometimes on the contrary augmented appetite, foul breath, red and pointed tongue, with more or less feverishness. Great stress is also laid on dilatation of the pupils, drowsiness, twitching of the muscles, and even convul-

sions are noted in some cases. Grinding the teeth in sleep and picking the nose are symptoms to which families attach great importance. A very curious superstition also prevails among the ignorant with regard to the influence of the moon on the activity of worms: the new and the full moon being the times when they are supposed to cause the child the most suffering and distress, and therefore the most appropriate season to administer some kind of vermifuge. Astrology has not altogether lost its hold in this age, as witness the importance attached to the signs of the zodiac among the lower classes. I have been gravely informed that a child weaned when the "sign" was in the bowels would be troubled all his life with worms and bowel disorders, and assured in the strongest terms that if weaned when the "sign" was in the feet such evil consequences would never follow. It is needless for me to say that such a variety of symptoms as those just enumerated may be dependent on many different causes. I fully agree with the late Prof. Flint in the following quotation: "A host of symptoms having little or no significance have been enumerated by writers.



The morbid effects have heretofore been greatly exaggerated. There is no foundation for the belief that they [worms] give rise to a form of fever, as implied by the term 'worm-fever.' That they may give rise to convulsions, chorea, and other nervous affections, as is generally supposed, must be considered as by no means established.\*

#### Mistaken Causes.

Much has been written as to the cause of worms. It has long been a common belief that the use of certain kinds of food favors the development of worms. Fruits in excess and of poor quality, and badly-cooked food giving rise to indigestion, are said to be a cause. Sugar and candies have long had a bad name in this regard, much to the sorrow of numberless children, who have thus been needlessly deprived of an innocent gratification. The period of childhood is mentioned as a predisposing cause. Infants under one year of age are rarely affected, and statistics show that worms are seldom found in the intestines after death in children of a tender age, for reasons which will appear later on.

#### The Germ Theory.

It is extremely probable, in the light of recent investigations, that the quality of the food has little, if anything, to do with the development of intestinal worms. The most rational theory is that the eggs are swallowed in drinking-water, and then undergo development. In confirmation of the view that man becomes infected in this way, it is stated that the people of Paris, who drink only filtered water, are rarely infected with the round worm which is prevalent in the rural districts of France. As in other disorders dependent upon germs, the germs must come from without; and drinking impure water is altogether the readiest way of introducing the eggs into the system. It is stated by a recent writer that the contamination of the drinking-water with the eggs out of privies is a frequent source of infection, and it is also claimed that the presence of the eggs in the water thus exposed has

been actually demonstrated. If this be true, filtration only will be necessary as a preventive. It is now readily seen why young infants at the breast are so rarely infected, as the mother's milk furnishes the sole food and drink.

#### "Worm Fever" Attending Other Diseases.

Under disturbing circumstances, such as the presence of indigestible food in the stomach or a febrile condition, the worms become restless and sometimes wander from their usual position. They sometimes enter the stomach, ascend to the throat, and are expelled from the mouth. In such cases it is very difficult to convince parents, especially among the lower classes, that the sickness, no matter what may be its nature, is not wholly dependent upon the presence of worms. I saw a case of pneumonia in a child six years of age, recently, who vomited one large round worm on the second day of the attack. The disease pursued its usual course, and the child recovered; notwithstanding the mother insisted "it was only 'worm-fever,' and he would be well next day, as he had just got rid of the whole cause of his trouble."

#### Popular Cures.

Having stated my convictions as to the infrequency of worms and worm-fever, I wish to add a word of warning against the indiscriminate use of nostrums for the cure of said worms. In order to convey some idea of the amount and variety of medicine—patent medicine, I mean—sold and consumed by the innocent babes and children of this country, I have made a list of all the so-called vermifuges, worm-candies, teas, etc., put up and offered for sale at all of the drug-stores and country groceries in the United States, and find that it makes a grand total of *eighty* different varieties.\* Eighty separate and distinct articles for the cure of the thousand-and one symptoms that worms are alleged to give rise to; and a most elaborate and exhaustive list of symptoms will be

\* "Flint's Practice," page 513.

\* See Crittenton's Catalogue.

found to accompany each box or bottle, all of which are certain to be cured by faithfully following the "directions inside"!

#### Dangerous Remedies.

The basis of all the so-called worm-cures is *santonin* or *pink-root*, both of which in sufficient doses are poisons. *Santonin* in considerable doses causes nausea and vomiting, followed by colic and diarrhœa. In toxic doses *santonin* produces very decided cerebral effects—trembling, vertigo, convulsive movements, cramps, stupor, cold sweats,

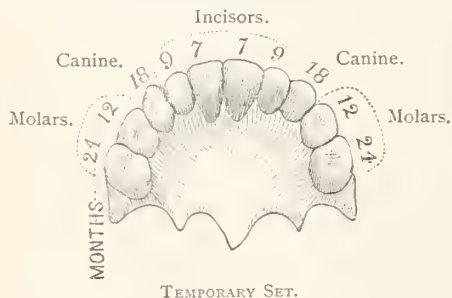
dilated pupils, and insensibility.\* *Pink-root* in large doses causes cerebral effects, vertigo, dimness of vision, dilated pupils, convulsions, and insensibility.† I have often seen children dosed with these nostrums till they were made sick, simply because they were *supposed* to be troubled with worms. So strong is popular prejudice. The only wise rule to follow is never to administer any powerful medicine, particularly to a child, except on the advice of a competent physician who has had an opportunity to determine the necessity therefor.

## HOW CHILDREN MAY HAVE SOUND TEETH.

BY FREELAND D. LESLIE, M.D., BOSTON.

WE approach this subject mindful that to some it may appear to come more under the domain of a dentist than that of a physician; but, as the family physician is the first consulted by the anxious and tired mother who is distressed by the cries of her teething child, there is sufficient reason for giving this subject a place among the medical articles of *BABYHOOD*.

What is noticed more quickly, admired more, and met with less often in the present and rising generation than a good, sound set



TEMPORARY SET.

of teeth? Parents certainly would not digress from certain simple rules if they thought it would in any way add to the happiness of their children and prevent much needless pain. Numerous illustrations might be given to prove that nature did not provide teeth which were to decay as soon as they

appeared above the gums, as in the cases of many children. The Indian in his uncivilized state, living upon the crude substances which nature so abundantly provides, has been found to have had good teeth, as evinced by the full and perfect sets seen in the old and decayed skulls exhumed in the various parts of our country. Wild animals have these organs perfect. The elephant, it is said, in its native haunt lives a hundred years and then has good teeth. Domestic animals, when fed as nature provides, have sound ones; but when man, for pecuniary gain, tries to improve upon nature's laws and has, for example, the cow fed upon swill and refuse of breweries and distilleries, her teeth are soon affected.

#### The Nourishment of the Teeth.

As the baby's first tooth is eagerly watched for and its arrival heralded with great joy throughout the household, little thought is paid to the forces which have united in showing it to us. The teeth, like all other organs of the body, must have their particular nourishment in order to sustain their individuality and develop themselves. When a mother in-

\* "Bartholow's Therapeutics," page 656.

† Ibid. page 657.

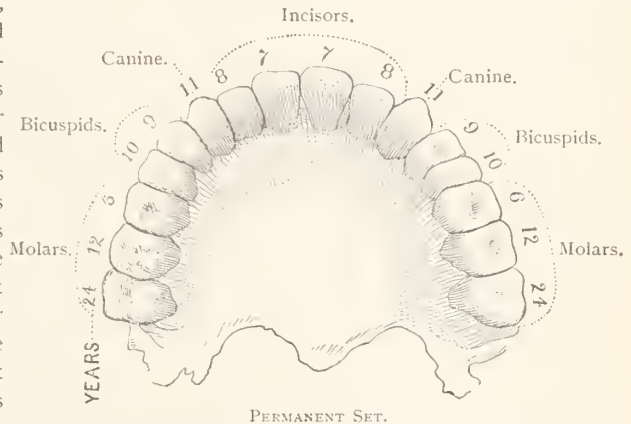
telligently gives special attention to the care of her child's teeth she not only helps them, but strengthens all the other organs of the body, particularly the bony structure. We might, for convenience, divide the time in which our attention should be given to the teeth into two periods: the first that before, the second that after, dentition. The first period does not commence at the birth of the child, but six or seven months before, as then the rudiments of the first or temporary teeth are said to be visible. We see that nature has thus early commenced to draw from some source nourishment for their development; and as the blood of the mother circulates through the unborn, it is designed that she shall furnish these essential elements. As certain substances are known to be necessary for the healthy formation and maintenance of the teeth as well as for all other organs and tissues of the body, and as these are drawn from the blood, it naturally follows that they must be replaced in order that the system may stand the drain. Physiology teaches that the blood receives its vital parts from the food and air taken into the system, and, acting as a vehicle, carries these elements to the various organs and permits each one to absorb the requisite amount and particular kind which it needs for its immediate necessity and future wants. If the proper nourishment is not supplied for the teeth in the right amount, defective ones are the result. The laws of nature are perfect, and when transgressed meet with their due penalty. This is seen in nursing mothers, who so often have at this period defective teeth, showing that sufficient bone-forming material has not been taken into the system and held in store to properly nourish their own and at the same time supply the additional demands of the developing teeth and bony structure of their offspring.

Two cases at least have come under my observation where the future mothers, who

from early age had been addicted to a passionate indulgence in sweets, pastry, and the like, were first made aware of their condition by the unusual and excruciating pains of the teeth, even going so far as to necessitate the removal of some which had been filled years before.

#### Proper and Improper Articles of Food.

Can this state of affairs be obviated? is seriously asked. We do not hesitate to answer in the affirmative. We cannot prevent the tendency which has been transmitted to us by our ancestors, but we can assist in preventing its descent to our children's children.



dren, and we can try to give our own children good, healthy teeth. This end will not be accomplished by continuing the starvation process by which the supply of proper nourishment has been insufficient to meet the requirements of the teeth. Lime, potash, phosphorus, silica, etc., enter into their composition, and must be supplied through the natural channels, as the demands of the teeth are as exacting as those of any other organ of the body. In some articles which help to make up our daily food these substances are abundantly found, while in others they are entirely lacking. Wheat, rye, oats, barley, meats, eggs, fruits, vegetables, and, in fact, all articles of food which grow, are supplied with nitrogenous principles. Milk we should not forget to mention, as it is rich in all the ingredients in the right proportion

to fulfil the requirements. Although the whole wheat and all other cereal foods contain carbonate and phosphate of lime, and traces of other earthy salts which help to form and nourish all bony tissues, yet they are in that part of the grain which in the bolting is so carefully separated from the starchy white centre and fed to the swine as bran. This leaves our most common and important article of food composed principally of starch, and upon starch alone man

### The Child's Diet.

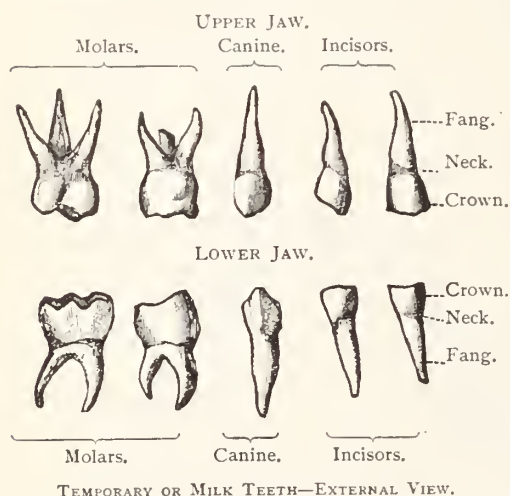
What has been said in regard to the attention necessary in regulating the mother's diet will apply equally well to the child's, the great importance of more exacting attention being emphasized. Although the same substances are required to properly nourish and develop children's teeth as adults, yet certain important facts point out a particular course which practical experience has taught is not only well but necessary to follow in order to bring about the desired result.

### The Advantage of Sucking.

In the first instance, in the development of the child we notice, among other things, that the infant's mouth is more arched in proportion to its size than the adult's, and that teeth are also lacking, which shows that sucking, and not chewing, is the course required at this period. Again, we can see the wise forethought of nature in requiring the child to nurse, thereby causing it to make movements of the mouth somewhat similar to those of mastication, and also creating an active stimulation of the salivary glands and an abundant supply of saliva after it is once established. The advantage thus gained by having the milk come in small amounts, as by sucking, can be readily seen, for the secretions of the mouth are given abundant opportunity of performing their preliminary functions so essential to perfect digestion.

### Objections to Starchy Food.

Physiology teaches that the glandular system of the mouth, stomach, and digestive tract is in an undeveloped state, and does not secrete its fluids in sufficient quantities to digest starchy food until after the fourth or fifth month, and then only imperfectly. As most articles of diet abound in starchy elements, they cannot be taken into an infant's stomach and undergo the chemical changes necessary for their ultimate absorption into the system, but must, as foreign bodies producing colic, griping, etc., be forced through the entire digestive tract,



cannot subsist. The whiter the flour, the freer from bone-forming material and the greater the quantity of starch.

### The Diet of the Mother.

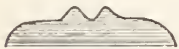
The expectant mother should live on the most nourishing and best bone-forming foods. The nursing mother ought not to make any particular deviation from her accustomed manner of living, except that she should avoid very acid and non-bone-forming substances. Her system will require more liquids than formerly, and this will be abundantly supplied if, a few minutes before nursing, she will drink a glass of pure milk. In the care of children, and particularly that part of it which relates to their feeding, the closer the dictates of nature are adhered to the better will be the result.



not only irritating the mucous membrane, but, if many times repeated, weakening the digestive as well as other organs, so that they cannot perform the apparently simple tasks assigned to them by nature.

### The Child's Natural Food.

The food found to meet all the requirements of nature, and upon which the child thrives best, is the mother's milk. Except in unusual cases, milk should constitute the chief and only food of the child from the time of birth till the age of eight months, and from that time until three years of age it should be the principal article of nourishment. Could this fact, together with the necessity of regularity in feeding, be remembered, more children would live to see mature years. These laws, so perfect and simple, which have been laid down by nature, may perchance be disobeyed once, twice, or



A. The first indication of a formation of a tooth, a groove, the inner surface of which ultimately is changed into the enamel of the teeth.

even more times without evil effects discernible to the mother, and she may flatter herself that her child is stronger than those children who, after eating a piece of cooky

or apple, vomit it up. If this course is persisted in, however, the climax will come and the cause will be sought, until at last, to the satisfaction of all, it will be decided that the teeth are at the bottom of the evil. So stereotyped has this expression become that in the minds of many it suffices for a satisfactory explanation of three fourths of the ills to which children are subject during the dentition period. Little thought is given to the piece of pie or banana which was fed to the child, because others have given such things to their children without evil effects. Remember, however, the old adage of the straw and the camel's back.

### The Effect of Sweets.

Parents have frequently learned to their sorrow of the evil effects of an over-indulgence in sweets, but yet how often we see their children permitted most wantonly to overload and disarrange their stomachs,

thus producing an abnormal condition of the secretions of the mouth which has an injurious effect on the teeth. It may be thought that this is laying down the rule rather strictly; but when we consider the power a child's stomach has for digesting such substances, and the consequences resulting when it is imperfectly performed, sufficient reason is given for thinking parents.



B. Further development. The ridge in the middle is the foundation of the teeth, becoming divided into parts a little later on.

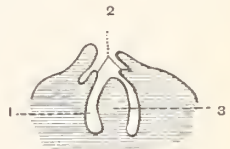
### The Relation of Proper Digestion to Sound Teeth.

It may be asked what bearing this has upon the teeth of children. The answer is simply this: if the act of digestion is imperfect, the food is not properly assimilated, and therefore there is a deficiency in the quantity as well as the quality of the elements required to nourish the body. The amount of damage the teeth sustain from the lack of nutritive elements may not be perceptible at once, though naturally they suffer with the other organs. They differ in one great particular, however, in having no recuperative power—that is, a tooth once affected cannot become perfectly sound again.

### Irrational Methods.

Two cases illustrative of the importance of having these laws studiously interpreted will be cited, as such are often met with by physicians.

Mrs. A.'s first child was delicate from infancy, and only became robust and healthy after the period when solid food was allowed. With the second, a little girl, the mother

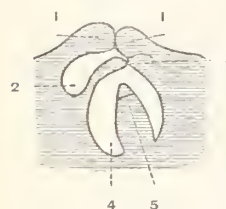


C. The dividing of the groove makes a row of little sacs or follicles, 1, which develop into tooth-sockets. 2 is the tooth-pulp; 3 the opercula, or lids, which close the follicles.

devoted, as with the first, her entire attention to its wants. So much given up to its care was she as to be willing to sacrifice everything for its comfort; she even abstained from fruit, vegetables, and other solid food, or confined herself to a limited amount, for fear it might have some injuri-

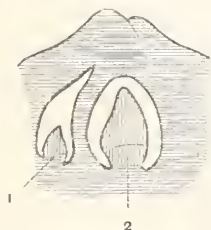
ous effect upon her milk. She did take, however, starchy foods, and excessively large amounts of cocoa-shells, catnip and beef teas, etc., upon the advice of a most solicitous and watchful mother. So decided were her convictions upon the propriety of this course that she could not listen to a more

rational method recommended, even after her own system had been drained and she prostrated, insisting upon giving the child the breast both night and day, as it appeared to her to demand it. After much difficulty and perfect assurance from me that no possible danger could follow, the



D. The lips of the groove, 1, have closed, forming 2, the reserve cavity which will ultimately form a permanent tooth. 3 the lids closed, shutting up the follicle, 4, in which the temporary tooth, 5, is forming.

child was weaned at eighteen months of age, just one year later than her first one. The result of this well-intended but ill-advised attention was the same as with her other child—that is, the teeth came along somewhat late, and immediately showed dark spots of discoloration; and now that the youngest child is two-and-a-half years of age, the required number have appeared, but all the incisors are decayed even with the gums, and the others are following rapidly in the same course. It may be well to note that I was called to treat this child,



E. 1 is the germ of a permanent tooth. 2 is the temporary or milk-tooth nearly developed.

two upper central incisors. Although intelligent people, and many times assured of the injurious effects of this course, they were unable to make up their minds to take the necessary step which nature so plainly

showed was demanded, although apparently convinced of its importance.

### The Proper Way.

Mrs. B.'s child was given all the care and attention allotted the other, yet the mother was willing to follow the directions as herein laid down, with the result that her child's first teeth appeared at seven months; it walked at ten, eight months earlier than Mrs. A.'s child; and now, a trifle older than the other, has teeth as perfect as possible.

### The Development of Teeth.

Having devoted so much space to the physiological care of children's teeth, it will be well to speak a few words in regard to the mechanical part. The teeth usually appear in pairs at intervals of from three to six weeks. Ordinarily the first to come are the lower central incisors, which appear between the sixth and eighth months; next the upper central incisors; then the upper lateral incisors, lower lateral incisors, first molars, canines, and back molars. At twelve months the child should have cut eight teeth. The eye-teeth should be cut between the sixteenth and twentieth months, and twenty, the whole number of deciduous teeth, should



F. The milk-tooth cut through. 1, the permanent tooth below and behind it. Many of the permanent teeth exist before birth, and some have already begun to calcify at birth.

have pierced the gums soon after the second year. This rule will be found to hold good when the bony and other solid structures of the body are perfect, though the time when the various teeth are cut may, and often does, vary on account of individual peculiarities rather than a low state of bodily health. If the child is not constitutionally weak, and the mother has attended particularly to her diet, besides taking proper hygienic exercise and other necessary precautions previously mentioned, both for herself and child, in this and other articles in *BABYHOOD*, it will be more liable to follow the usual rule than the exception. Often

mothers are seen glorying in the forwardness of their children because they have cut their teeth earlier than the usual time—say at three or four months. Instances are on record where children have been born with teeth. This should be looked upon as a freak of nature, as a physician would consider the premature cutting of children's teeth traceable to some inherited condition.

These first teeth should remain sound and do service till about the seventh year, when they will commence to be replaced by others differing from them in number, shape, and size. This transition takes place not only in accordance with one of nature's most important laws, but in order that the extra space caused by the growth of the jaw may be filled.

#### **The Importance of Proper Mastication.**

Dr. Fothergill, one of the most exemplary writers on dietetics, in speaking of this growth of the jaws, points out the necessity of encouraging the masticatory effort by allowing crusts of bread to children when they have got the teeth with which to chew or gnaw. He further urges that this subject should not be overlooked, as is often done owing to the habit of giving cooked and prepared foods to children. At this important period comparative disuse of the masticatory muscles leads by an inevitable law to degradation of the organs, which also will be enhanced by premature brain-forcing at this period, which detracts the natural blood-current from the dental apparatus to the brain. From this starved condition, forced by disuse of the jaws, the teeth become deformed, of inferior quality and crowded, with the denture below the standard and readily eaten up by the organisms which are at work in dental caries.

#### **The Functions of Enamel.**

The tooth is composed of dentine, an ivory-like substance, which encloses the nerve elements and gives it form. The fangs, or the part which projects into the jaw, are covered with a bone-like substance called cement, while the crown, or that part above the gums, is protected by enamel, the most

dense and brittle substance in the body. It was made thus dense, hard, and brittle that it might serve as a protection for the inner and more sensitive parts of the tooth, and if the proper nourishment is not supplied it will be thin and defective and more liable to be affected by external influences. We would not expect a very thin piece of glass to withstand sudden changes of temperature without cracking, and yet we frequently subject the teeth to the greatest extremes. About the best example of this is when hot tea or coffee follows ice-cream or ice-water. As the glass and the enamel are composed of elements somewhat similar, these sudden changes, according to the same physical laws, would be as bad for the one as for the other. When once the enamel is affected, the gases and secretions of the mouth soon cause the inner and protected parts of the tooth to decay.

#### **The Care of Teeth.**

The crown is well formed before it pierces the gum, but it often takes months or even years for it to become hard and dense. For this reason more attention should be paid to the teeth of children than to those of adults. As soon as the teeth show themselves above the gums they should be gently rubbed with a piece of soft cloth dipped in cold water when the child is given its daily bath. Afterwards use a soft brush and rub the teeth from the gums down as well as across their grinding surfaces, in order to clean them perfectly. If they show signs of discoloration, a soap, which is prepared for the purpose and free from all obnoxious animal fats, may be used. When the gums are soft and spongy use a little alcohol and water. By this means at the same time the cavity of the mouth may be cleansed and left in a good healthy condition. If this is persisted in regularly, the mother will be surprised to see how soon her little one will look upon it as one of the necessities of its daily toilet, and when old enough will assume the task for itself. As soon as signs of decay appear, a dentist should be consulted and the tooth filled; it should not be

neglected until the cavity is so large and the pain so severe that extraction is necessary, as that will allow shrinkage and a narrowing of the socket, thus crowding the permanent teeth and causing lasting deformity.

#### Cautions Regarding the Shedding of the First Teeth.

The six-year-old molars are the largest in the mouth and are most essential to mastication. It is important that these should not be allowed to decay, as they are permanent and will not be replaced by others. Mothers can be sure that these have come when, after the fifth year, they can count more than five teeth on each side of each jaw. When it is time to shed the teeth

they should not be decayed, but come out sound, with the second ones ready to take their places. It often happens that the second teeth appear before the temporary ones have come out. Under such circumstances the first should be extracted and the permanent ones gradually pushed into place. Be careful to save the upper canines until they are ready to be replaced by others, as then the permanent ones will have space to grow in as they ought. Parents should not despair if, after all, the first teeth show decay, because if their attention is persistent the permanent ones may come and remain perfect, a great and lasting blessing to their children, and a satisfaction to themselves.



## A STRIKE OF THE BABIES.

BY HELEN A. ROBENO.

STRIKES are so much in vogue at present that it is time the babies were heard from upon their grievances.

There are a great many faults in the present system of baby government, and many in authority issue edicts extremely distasteful to the babies. Reports come in from all sides, and there is great disturbance anticipated.

Baby Ethel is very young, but has a complaint to lay before the public. Her case is this:

"I am two months old, and can move around a little, but am compelled by those in authority to lie still almost all the time. I am troubled with all kinds of aches and pains, yet the chief of our household will neither rock nor carry me. So here I have to lie. The tears will sometimes come, but so hard-hearted are these tyrannical people that they just say: 'Don't take her up when she cries'; 'Don't walk her or she will always expect it.' I wouldn't at all. When I can walk myself I shall be glad to do so. Grown-up people have a nice soft handkerchief to wipe their tears, and they expect some one to sympathize with them. Just think, they expect

sympathy, but won't give any to me! The tears roll down on my pillow, and when I can cry no longer they think they have done me a favor by letting me alone."

The next one with a grievance to offer is Charlie, aged two years. He says:

"My mother abuses me so much that I am unable to understand her at all. Her loving breast was my cherished home; her arms the only resting-place I knew; but she has all at once begun to make a man of me. She has, I think, ceased to love me at all. If she praises me, it is as if I was some school-child and not her own little boy. She says, 'Don't do that,' a thousand times a day. My heart is always aching when I think how many blows come upon my fingers, and I have no one, not a soul, to help me. I cry, and she says: 'You're a naughty boy.' Sometimes I say 'Won't.' She says it to me, but when I say it she says: 'What is that? Naughtly, naughty boy.' Then she smacks me. If I try to smack anybody I am naughty. What is the reason that grown-up people can do so many things that babies are punished for?"

The next one is Pinkey Sweet, a little girl of three. Her tale is a sad one, but relates to times past:

"I fully sympathize with all who have spoken



but must add something new to the list. When I was getting my teeth I was no trouble at all. I felt pretty well, only my mouth did hurt so dreadfully. Because I did not cry and fret, which it is not my disposition to do, my parents chose to take no notice of me at all. I was put to bed hours before I could sleep. There I lay, tossing about ; and the bed was hot, my teeth hurt me, but that made no difference. I used to long for day to come ; I dreaded night coming. I used to wish that some one would suggest that playing with me for a little while or petting me would soothe me and make me rest better. If the babies only knew the lonely hours I spent in that bed they would all cry for sympathy."

Baby May reported just the same state in her case, only she was awake more at nights. No one took her in and cuddled her up, but she had to lie there wide awake, and all the time suffering with those teeth.

Baby Johnson was five years old and considered himself quite advanced. What troubled him chiefly was the medicine he had to take.

"There are," he said, "two kinds of medicine, good and bad. The good kind is fine and white and sweet ; I can take it any time. The bad kind is dreadful ; I can smell it. I know it as soon as I see the spoon, and I am determined to have no more of it than I can help."

Little John, aged two, said :

"I know the medicines you speak of, and cannot understand how it is that when the good medicine is used so much mothers will still persist in mixing up doses that no child would ever want to swallow. I can't see what mothers give so much medicine for anyhow."

Carleton J., aged two years, was greatly

incensed because he was taken out every winter day.

"I don't object so much to going out, but they never think of warming my carriage and my pillows and robes for me. So I feel really very badly when I am put in it. I kick with all my might, but am put in, just as though I had no feelings."

Annie, a baby of eighteen months, boards at a hotel, and her tale is a pitiful one, almost too long to give in full. She has great trouble about food. Sometimes the milk she gets is so old it almost makes her sick. The nurse won't taste it, and mamma never does. And staying in one room so much makes her very, very nervous. She says she would rather live where she can breathe different air than that of the room. She is a delicate little thing, beautifully dressed, nearly pulled to pieces by people taking her, but hopes some day to be better off.

These babies are but a few of the thousands suffering, not only from unkindness, rudeness, and indifference, but from want and cold and from disease. And they all respectfully urge the mothers of the present day to instruct the older daughters in the heights and depths of pure mother-love and care, so that other babies may in the future be better treated.

## LISPING.

BY OSKAR GUTTMANN,

*Author of "Gymnastics of the Voice," "Æsthetic Physical Culture," etc.*

I SHALL consider in this article a speech defect which by many is not regarded as a defect at all, yet which ought to be spoken of in BABYHOOD, as not infrequently other defects arise from it, in particular a sort of *stammering*, which, if it be not removed in early childhood, it is very difficult to cure in later life. I refer to *lisp*ing. Under lisping we understand the false pronunciation of certain lingual sounds, particularly *z* (in *zone*), *s* (in *sin*), *c* (in *cider*). This defective pronunciation is in most cases the result of habit, often, however, of affectation,

and is then just as ridiculous as the pronunciation of *r* by those persons who incorrectly produce it by vibration of the *uvula* ; or it arises from an abnormal formation of the tongue (too long or too short, too broad or too thick). In the former case it is merely necessary for the person to resume a natural manner of speech ; in the latter the person must, by exercises of the tongue and practice of the lingual sounds, be brought to approach a correct pronunciation. In order to show in what this defective kind of pronunciation consists, and in order to enable mothers and

instructors to exert a beneficial effect on their little charges, it will be necessary for me to explain the origin of some lingual letters according to physiological laws.

The letter *T* is formed by placing the lateral edges of the tongue against the upper bicuspid and first molars, and pressing its tip against the roots of the upper incisors, and, having in this way closed the oral passage, by forcibly expelling the air, as with *p*.

*Z* (in *zone*) is formed by placing the mouth in the position required for *t*—but with this difference, that the tip of the tongue is not pressed against the roots of the upper teeth—and then performing a sounding expiration in which the air is made to pass out very gently between the upper teeth and the tongue, which is kept in a horizontal position. While in the formation of *t* the tongue is kept slightly convex, it must be kept nearly concave with *z*; that is to say, the tongue, especially the anterior half, should form a sort of gutter, through which the stream of air gently passes.

The sharp sound of *s* and *c* (in *sin*, *cider*) is produced by keeping the tongue in the same position as with *z*, but not causing the escaping air to produce a vocal sound. The tongue must be drawn in more than with *z*. When, instead of the tongue being placed in this last position, its tip is held too low, so as to touch the edges of the upper incisors or to protrude between the teeth, there results a sound which the English call *th*, but which with other nations is called a *lisp*.

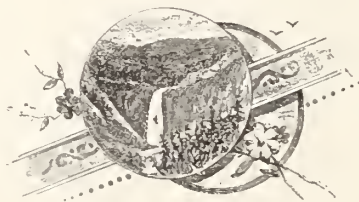
*Th* is an important and frequently occurring sound in the English language; when, however, it is applied where it does not belong, it is wrong and is called *lisp*ing. But not the false placing of the tip of the

tongue alone is the cause of lisp; it is also due to *too weak* a pressure of the tip of the tongue on the palate or teeth, as indeed a careless holding of the tip of the tongue altogether. The same holds good of all lingual letters. Those afflicted with this defect must, therefore, place the tip of the tongue exactly on the place just described, and this with *decision*. Those who are troubled with the defect of *lisp*ing must draw in the tongue, and the tip, which is bent back, should be somewhat raised. It is better, in exercising, to raise the tip of the tongue too much at the outset rather than too little; the stiffness thereby occasioned will disappear with the continuance of the exercises.

*Exercise.* Let the mother take the word *zone* and speak it to the child in the following manner: First pronounce the *z* *alone* with a sounding expiration; keep up this buzzing tone for a time, and then add on the *one*. Let her exercise in this way all the words beginning with *z*. Having become accustomed to pronouncing the *z* without thrusting the tongue forward and out, it will be easy to pronounce all the dental letters correctly.

Whoever forms the consonants according to the strictly physiological rules here laid down will not find it necessary, in order to learn to pronounce this or that sound, to take pebbles into his mouth, as is said to have been done by Demosthenes, who, of course, knew nothing of the science of the physiology of the vocal sounds such as exists at the present day.

The surest and quickest way of getting rid of any curable defect is to obtain a complete control of the muscle through whose false activity the defect has been brought about.

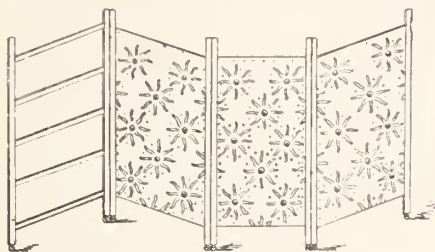


## NURSERY HELPS AND NOVELTIES.

**Combined Screen and Clothes-Rack.**

A SCREEN and clothes-rack combined is a very useful article in a nursery or bed-room, and one which no mother need be without.

Buy plain wooden clothes-bars, of four leaves,



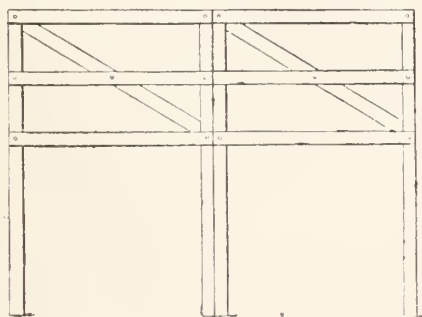
about five or six feet high, and paint all but one leaf of it with prepared black paint which may be had at any paint-store, applying a second coat after the first is dry. Measure length and breadth of the bars, and buy enough pretty cretonne or chintz to cover the three leaves, also a paper of fancy-headed tacks with which to tack on the cloth. The fourth, uncovered leaf of bars is used, folded back, to hang towels, etc., upon, while the screen may hide wash-stand or other unsightly articles in the room.

*Philadelphia.*

W. W.

**Another Crib Guard.**

THE task of getting Master Baby safely barricaded, to prevent his rolling out of bed and



bumping his precious head, to say nothing of more serious injuries, has been quite an important one, calling in the aid of two heavy chairs and several pillows, until we thought of this simple contrivance, which my husband made in a

couple of hours. Now all I have to do is to slip the guard down between the side of the bed and the spring-bed until the legs touch the floor, lay a pillow against it, and the sleeping treasure is safe. The construction is so simple that it can be seen at a glance.

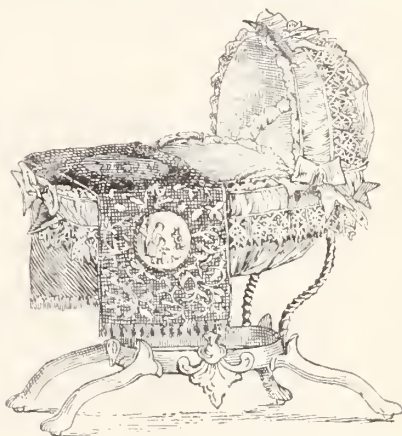
The upright sticks are  $\frac{7}{8}$  in. x  $1\frac{1}{4}$  in., pine, the slats are  $\frac{1}{2}$  in. x  $1\frac{1}{2}$  in., all put together with screws. It is hinged in the middle, so as to fold up and set away in small space in the closet when not in use. I hope some mother who has been troubled as I have been will persuade "papa" to make one, and that it may prove to be as much comfort to her as mine has been to me.

*Hartford, Conn.*

M. B. E.

**"Foot" Quilt for Crib.**

THIS very practical little quilt is designed to prevent the child from throwing off its cover-



ing, and is hence made heavy and long enough to resist the most vigorous kicking from little feet. A good size is about  $1\frac{3}{4}$  yards long and  $\frac{1}{2}$  yard wide. Plush or sateen may be the material chosen, the color, of course, to correspond with the trimming of the crib. Double-faced Canton flannel will prove a sufficiently heavy lining. The very pretty model shown in the illustration is composed of daintily-figured tapestry, on which three medallions of satin are applied, showing scenes from child-life—Kate Greenaway pictures would be very suitable—outlined with colored silks. A handsome fringe at either end forms a finish and adds to the

weight. The unique and tasteful fitting out of the little basket-bed will be suggestive to many. Directions for a home-made one have been given in a previous number, and can be readily adapted to the present model, which rests on a bronze or iron stand.

### A Compact Washstand.

A USEFUL and handsome though costly piece of furniture for the nursery is the Ross table



washstand, which, when closed, conceals all washing accessories from sight.

When open the inner side of the lid shows a dressing-mirror. A rod to hold the towel can be drawn out, while the stand contains convenient apartments for

folded towels, sponge, etc. It can be easily rolled from one part of the room to the other, and, as there is no "danger of overflow" or leakage of "sewer-gas" from it, it is a safer piece of nursery furniture than the stationary washstand. Its price is \$16. Made by the Forest City Furniture Co., Rockford, Ill. New York agency, 17 Elizabeth Street.



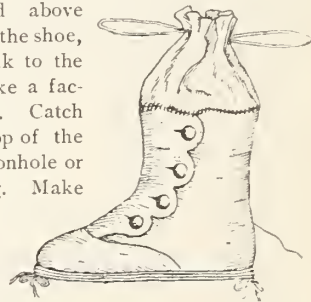
### Baby's Worn-out Shoes Utilized.

MAY I tell the readers of *BABYHOOD* of some pretty ways to utilize "Baby's first shoes"? I assume that we mothers are all alike foolish concerning the small shapes of kid that first encase the tiny feet, and some may care to know how their day of usefulness may be extended.

One way of treating the soft-soled shoes is to make a little pincushion to fit in the ankle of one and a hair-pin cushion for the other; tie the pair together with gay ribbons and hang them somewhere on the bureau. But for a stiff-soled shoe I evolved from my inner consciousness a most useful shoe-button bag.

Take the shoe—any size, dilapidated, worn through as to its toe, rubbed as to its heel—borrow "John's" awl, and punch two holes, a quarter of an inch apart, through the sole at the heel, and two more at the toe. Cut two pieces of card-board the size and shape of the sole, cover them with silk, and sew together after the manner of the old-fashioned pocket-pincushions, first placing two or three thicknesses of soft flannel in one side between the card-board and the silk. Punch two sets of holes in this to correspond with the holes in the sole, run tiny ribbons through, and tie in little bows. This is the needle-case, and by leaving the cushioned side out the bows need not be untied and no time is lost.

Next stuff the toe and instep with cotton till firm enough to keep the right shape. See that the buttons are all on, and button the shoe as if it were on the wee foot. Make a bag of silk, deep enough to reach from the sole to five inches above the upper at the ankle, and wide enough to go a little more than once around. Tack this securely to the inside of the shoe as near the sole as possible, right side in; then double over the five inches till a trifle less than two and a half inches extend above the top of the shoe, turning the silk to the outside to make a facing for itself. Catch this to the top of the shoe with buttonhole or fancy stitching. Make a shirr half an inch from the top and run in drawing-strings of narrow ribbons.



Next make a round box large enough to fit snugly inside this bag, or rather the shoe, and just higher than a spool of black linen thread. Cover the end of the box with silk before sewing it on, and tie a little bow of ribbon through the middle. When the pair was new the shoes were tied together with a string through the back, find the hole and make another in the box at the same height. Put the end of the black thread through the hole in the box, then through the one in the shoe; put the spool in the box and the box in the shoe, open end down, so the covered top will make the bottom of the bag. The little bow in the top of the box serves for a handle when a new spool must be put in; but until that is necessary the box need never come out, as the thread runs easily through the hole in



the back. Keep all shoe-buttons, new and old, in the bag, and when any shoe loses a button everything needed is close at hand.

To be more complete, a tiny pair of scissors can be slipped in between the needle-cushion and the sole, and if the toe is "a gaping wound"

an emery-cushion can be fitted in the opening. A duplicate can be made with the other shoe and will prove an acceptable Christmas or birthday gift for Baby's grandmamma or some other devoted adorer.

L. L. P.

*Evanston, Ill.*

## THE BABIES OF JAPAN.

BY LAURA DELANY GARST, AKITA, AKITA KEN, JAPAN.

I SHOULD like to tell the mothers of BABYHOOD something about the waif-like babies of Japan, and their poor mothers too, who have so little love and honor in wifehood. It seems to me the Christian women at home, who have so much that is dainty, and refined, and beautiful, and good in their homes, should feel deep sorrow for those who are deprived of almost everything that makes life seem desirable; and certainly, if a feeling of sympathy is once established, it will seek to express itself in a way that cannot but benefit these poor women of Japan, who seem to be sitting in the shadow of great darkness—the darkness of idolatry.

The newly-born babe in Japan must wait three days before it is introduced to the luxury of the bath. Again until the seventh day it remains unwashed; after that water is used daily, quite hot water always. A woman seems greatly to dread a large baby, thinking the suffering during birth will be greater. For this reason they bind their broad sashes very tightly round and round during the last four months. It is customary at this time (when the sash is first drawn very tight) to have quite a feast, inviting friends and the midwife. The latter then makes frequent visits, exercising the muscles of abdomen and back. All kinds of stooping work are done to procure this same object. In olden times the rich women, who had plenty of servants to do scrubbing, etc., emptied quantities of rice on the floor and picked it up a little at a time.

The little baby is not offered its natural nourishment for three days. During this time the liquor of boiled rice is fed it! And it is not tucked daintily up in soft white blankets in its clean little bed, but *set up* in a small tub and covered with coarse, dark comforts. The only relief it has during its infancy from this uncomfortable position is when it is put on its mother's or some one else's back, inside their clothes, and taken out for an airing. It is claimed by the more enlightened now that this constant

sitting position, or being crowded against some one, with shoulders thrown forward and chest pressed in, is one reason why almost all Japanese are so extremely narrow-chested. It is anything but pleasant to see a two-year-old strapped on the back of a four-year-old, with head (shaven, of course) thrown way over to one side, the unhappy little victim fast asleep with the hot sun streaming on it, and flies feasting on the dirt which is almost invariably part of a Japanese baby's face.

For seven days after the birth, according to the custom of the country, visitors are constantly present, night and day, that the mother may not be "lonely." At the expiration of that time the mother's relatives send very many things for Baby, and a feast is given, when any one is at liberty to present clothes, etc., to Baby.

A boy baby is the thing, and girls are regarded with decided disfavor. All preparations are much more elaborate if the child is a boy. At this seven-day feast fish, fruit, flowers, etc., are also presented. For seventy-five days the mother's food is very simple, principally rice, very softly boiled, for twenty-one days. No fatty fish is eaten. After the seventy-five days the food is the same as usual. At the expiration of twenty-one days the bed (thick comforts on the floor) is removed, and again a feast given.

Mother and baby enjoy their first outing at thirty-three days, when a visit is made to some temple. In some parts of the country a cross is painted on the infant's forehead at this time to ward off evil spirits. The hair is shaven at seven days, and in olden times was kept so till three years, but now is allowed to grow sooner.

Girl babies from one hundred and ten, and boy babies from one hundred and twenty, days old are fed very soft boiled rice and fish without reference to the supply of breast-milk. The babies of Japan are sometimes very large, and I have seen some as old as six years! One day at preaching service I saw a mother with three

children looking to be six, four, and two years old. She nursed each one in turn a couple of times during the hour. It is needless to add that her appearance was distressing—colorless, emaciated, and listless.

Age is counted by the day rather than the week or month, and when a baby is one hundred days old it's a great event. Weight is calculated by *mome*. Our baby weighed at birth one thousand and eight *mome* (120 *mome*=1 lb.) It seems to me the most curious custom in Japan's the way age is counted. If a child is born the

30th of December—or no matter what time in the year it is born—the ensuing New Year's day it is called two years old! All these customs are changing, however.

We were the first foreigners to live in this city of some 60,000 souls, and our baby, now nearly two years old, the first foreign baby the people had seen. The excitement was great over him. Many thought me most cruel to nurse him at stated intervals, independent of his cries, as crying is always rewarded by feeding in the case of the Japanese mother.

## THE BABY AND THE BELLS.

BY MARY E. ALBRIGHT.

IT was in the dawn of the early morning,

When the world yet slept in its hushed repose,  
That from somewhere, afar in heaven's silence,

The wind, which was sleeping too, arose ;  
Gently at first, with a sigh and murmur,

But, gathering strength, it at last awoke,  
And, with an exulting and awful splendor,  
Around us and over our heads it broke.

How the strong house trembled and shook before it !

How the old trees humbled their haughty pride  
As they bowed their heads in enforced submission  
To the king of the air in his onward stride !  
Even our hearts were thrilled and quickened,  
And our pulses tingled and faster beat,  
As we thought of the wonderful, mighty forces  
Which waited at the Creator's feet.

Then, as we listened, above the roaring

We caught the sound of the morning chimes,  
Rising and falling, faint and triumphant,

Clear, and then soft, like the cadence of  
rhymes ;

Ringing defiance to all the wind's fury,

Fearless, with never a faltering note,

Loyal and faithful, hopeful and cheery,

Borne by the wind and the storm, they float.

A sudden stir in the crib beside me—

And there, upraised from its pillow white,

Is a little face, intent and wondering,

All indistinct in the early light.

"What is it, darling?" We listen closely,

As there comes a lull in the noisy swells,

And sweetly and cheerily sounds the answer :

"I was only listening to the bells."

Ah ! sweet child-faith ! No thought of danger

Had chilled or lessened his deep delight,

And the wondrous music filled his spirit

Till he never thought of the weird, strange night ;

And we thought, as we caught the gleam of brightness

Which seemed to flash from his baby eyes,

Who knows but that in the bells' sweet chiming

Our boy hears strains from beyond the skies !

## NURSERY PROBLEMS.

### Flat-Foot.

To the Editor of BABYHOOD :

My baby-boy, just eighteen months old, is afflicted in a way which has never come under my observation before. Your advice, in many cases, has been to consult a physician. This has been done, and he has never seen nor heard of such a case, and asked me to write you. When Baby has been on

his feet for some time (say three hours) his ankles swell and the feet are drawn outward, causing a deep wrinkle on the outside of the foot. He suffers intense pain when in this condition, and will not touch his feet to the floor. He did not walk until sixteen months old ; weighs about thirty pounds ; has sixteen teeth, which, I think, have never given him a moment's pain ; sleeps soundly from about six at night until six in the morning, and eats heartily

and enjoys food recommended by BABYHOOD. He wore woollen stockings until about July, and has worn cotton since. I expect to go back to woollen in a few days. What is most peculiar is this: Every morning, or after a long nap, the ankles are straight, and he walks without showing any weakness until the disease (?) shows itself again. Sometimes one foot is affected without the other—the right foot oftener than the left. He is our first and only child; was weaned when a year old because our physician ordered it; is the picture of health, and has never been troubled in any way until we noticed this about six weeks ago. There is not a member of either his father's or mother's family who is deformed or crippled in any way. We have tried braces, but the ankles turn with them on.

Bloomsburg, Pa.

W. H. B.

The trouble described seems to be that known to physicians as *talipes valgus*, or flat-foot. There are other possible explanations, but this is the most probable one. The foot turns outward and its inner margin comes to the ground more than it should. Together with this, in cases that have existed for any length of time, is usually a flattening of the arch of the foot. This will be, perhaps, not easy for you to determine in the fat foot of a baby, particularly as both feet are affected and you have no standard of comparison. Most commonly the difficulty depends upon a want of power in the muscle that lifts and supports the inner border of the foot, known as the anterior tibial muscle. The fleshy part of this muscle may be felt on the outer side of the upper half of the shin-bone.

If the case be such as we have described, the treatment should be careful and prolonged. A brace to be efficient must be attached to a particularly well-fitting shoe, and the whole constructed especially for the case, so that the ankle cannot turn in the brace nor the brace yield under the child. The brace, however, while preventing the distortion of the foot, does not attack its cause. The faulty muscle must be developed by massage, friction, electricity, and systematic but not too severe exercise, and perhaps by medicines. It is evident that the proper diagnosis of the nature of the case must be made and its treatment frequently supervised by a first-rate medical man.

#### Ingrowing Nails—Flannel for Drawers—Light Weight—Jelly.

To the Editor of BABYHOOD:

(1) Can you tell me of some cure for ingrowing toe-nails, and also what is liable to cause them? It cannot be tight shoes in the case of my two-year-old, as I have always been especially careful to have his shoes roomy and comfortable. He seems to suffer from them, and I feel anxious to help him by some simple means, if possible.

(2) Which would be the better material, flannel or

Canton flannel, of which to make his night-drawers for the winter?

(3) Shall I put flannel under-drawers on him under his little muslin ones? Will they not be very inconvenient with so young a child?

(4) Do you think twenty-four pounds, net weight, abnormally small for a two-year-old child? He seems well and eats heartily, but does not gain flesh as I wish. Would it be wise to attempt to fatten him by any special food?

(5) Would a little very nice jelly with his bread and butter at supper be injurious to him?

New York.

A NEW SUBSCRIBER.

(1) We have so recently discussed the matter of shoes that it is only necessary to say here that the mischief done by shoes is less from small size than from faulty shape. It is, of course, possible that an ingrowing nail may not come from tight shoes, but certainly ninety-nine cases in a hundred are due to the shoe pressing the toes together. The great toe most frequently suffers; it is crowded against its neighbor, the flesh is pushed up and laps over the nail, and the margin of the nail, being crowded toward the centre of the toe, turns downward and so grows. Sometimes, however, there is no fault in the nail itself, simply in the crowding up of the flesh, which thus becomes irritated under the pressure. If a foot has never been crowded, the sides of the toes are rounded as at birth, and as the fingers remain through life. Actually it is rare to see a foot some of the toes of which have not left their imprint upon their fellows from this lateral pressure. Read again the article on shoes. Keep the toe that is in trouble separated from its neighbor by a folded piece of linen put between them—slightly oiled if there is sign of friction against the linen—and the trouble will probably be relieved. If necessary, the down-growing corners of the nails may be raised by the thrusting under of a pledget of soft cotton. In paring the nails do not cut off the corners, but cut the nail square across. These corners should protect the flesh; if cut off the tendency to burrow is increased.

(2) Flannel. Canton flannel will not remain soft long. Its only advantage is cheapness.

(3) It is not necessary to have two pairs. Except for "show" occasions the flannel will do alone. It may have trimming if desired.

(4) The weight is not "abnormally" but is rather small. The point is to be considered with reference to his height and general nutrition, firmness of flesh, etc. Some children are always thinner than others. No special fattening food seems to us desirable, other than proper wholesome food such as BABYHOOD always urges. There are some children with

imperfect nutrition that improve if cod-liver oil is given regularly as an addition to food all through the cooler season.

(5) It would certainly do no good. Its nutritive value is almost nothing, and its possibilities as a stomach-disturber are considerable.

#### **Cane-Sugar and Milk-Sugar—Honey and Molasses—Washing the Scalp.**

*To the Editor of BABYHOOD:*

Will you kindly explain (1) the difference between cane-sugar and milk-sugar, and how far it is safe to use the former in the diet of children who have reached the age to properly chew and thus digest starchy food? If cane-sugar is not desirable, is milk-sugar available for ordinary use?

(2) Also, what is BABYHOOD's opinion of honey and the ordinary brands of molasses as a part of the dietary of children?

(3) When a child's scalp seems perfectly healthy and there is a good crop of hair, how frequently should the entire head be washed to insure a continuance of health? Also, with a predisposition to catarrh of the head, is there danger in washing, if the hair is thoroughly rubbed till it feels dry?

*Lake Valley, N. M.*

A. P. H.

(1) The differences between the two are not easily described. They have the same chemical constitution, except that milk-sugar has one equivalent of water, but their physical peculiarities are different. Sugar-of-milk is far the less soluble, and is harder than cane-sugar, and is only faintly sweet. There are various differences in chemical behavior between the two. Cane-sugar should be used moderately in children of the age named. It is best used as a part of food rather than put on food, and it should not be eaten between meals. If given at all as a sweetmeat it should be withheld until the ordinary food has been eaten. Milk-sugar is an ordinary article of druggists' merchandise, but is not necessary for a child of the age described.

(2) Honey is a mixture of several sugars and of other things. For some reason it often disagrees, and persons of good digestive power not infrequently suffer violent attacks of indigestion from it. If it agrees it may be used under the same restrictions as other sweets. Concerning molasses our opinion, as an article of food, is the same as concerning sugar. It has the advantage that it may be added to food as a laxative when one is necessary, but is inferior to some fruits, if they are obtainable.

(3) Often enough to secure cleanliness of the scalp, which may be determined by frequent careful examination for dandruff, etc. Instances occur where the "catching cold" seems to be directly dependent on the washing of the head; but as a rule it is safe to wash the head, if the

washing is done in a warm room and the hair is thoroughly dried directly afterwards.

#### **Chafing—Enlarged Gland—Cold Feet and Hands—Sweating of the Head—"Short-Coating"—Temperature of Night and Day Nurseries—Bath after Meals—Airing—Holding in the Lap.**

*To the Editor of BABYHOOD:*

(1) What can I do for my baby's chafing? I have tried using fuller's earth, bismuth, and zinc powders, without any apparent good. I am most particular to see that her diapers are washed properly, without soda, etc. Is vaseline likely to be of any benefit for the chafing, or otherwise?

(2) What can I do for a lump on the side of her neck like an enlarged tonsil, done in the birth? I fear it will disfigure her. Is it likely to disappear?

(3) What can I do for her feet and hands, which are constantly cold? Is it a sign of ill-health?

(4) Her head perspires freely, and when I lift her from her pillow there is always a large wet mark from perspiration. Is this a serious sign? I am careful to keep her shawl from covering her head, though she always sleeps in a shawl. Are the thick, fleecy cotton curtains of her cot liable to make her perspire? She sleeps in a cold room—the thermometer often falling below 50°.

(5) At what age should I short-coat her? And what garments are needed? Please give the proper lengths of a baby's first short dress after leaving off long clothes.

(6) Please give me the proper temperature of the night and day nurseries.

(7) Is it injurious to a baby to bathe it directly after being nursed? If so, how much time ought to elapse between breakfast and bath for the little one? Please tell me the proper temperature of the bath for a young infant two or three months old.

(8) Please tell me when a baby should be taken out of doors, and if it derives any benefit from going out from the time of its birth.

(9) Is it injurious to a baby two or three months old to lie, if awake, nearly all day on a person's lap, or should it be sat up, and tossed about, and "jogged" on the knee? A PUZZLED MOTHER.

*Charlotte Town, P. E. I.*

(1) The chafing, being so persistent, suggests an eczematous tendency in the skin. Constant care to keep the parts dry by prompt changes and careful drying of the parts are of the first importance, then the separation of opposing surfaces of skin, such as are common in the folds of fat children, by powders or slips of linen. The vaseline is useful often, as much probably from the shedding of the urine from the greased surface as from its curative effect.

(2) It is probably an enlarged lymphatic gland. We can suggest no judicious domestic treatment. If our supposition is correct it will probably disappear.

(3) It probably means a not very vigorous circulation. Taken with the chafing and the swollen gland, it suggests a delicacy of constitution.

(4) The sweating and the peculiar condition



of the bowels are very suggestive of the disorder of nutrition known as rickets.

(5) Children are short-coated when they begin to desire to use their legs freely—usually at about six months. There is no reason why a child should not be “short-coated” from the beginning, if care is taken to keep the legs warm. But if long clothes have been worn it is better that the change, if possible, be made before or after cold weather, not during it. The “short-coat” should reach to the ankles.

(6) Day nursery 65° to 68°, or, at most, 70° F. Some strong children can get on at a lower temperature than 60°, but the figures set are the best average. The night temperature may be cooler, but not so very much, as the child (particularly one whose head sweats) is liable to toss its bedclothes off.

(7) An hour should elapse if the child is to be immersed; temperature about 95° F.

(8) A child born in the mild season can go out from birth, or within a few days of it. In cold weather a young child must be warmly wrapped and carried in arms, not placed in a baby-carriage. From what we have heard of the winter of P. E. I., we should think that an airing in a sunny, unwarmed, but recently aired room would be quite as good as an out-door airing, as permitting the freer breathing of the atmosphere.

(9) There is no real harm in a child's lying if held flat, but occasional turning is necessary, and we prefer a bed or flat surface for the baby to lie upon.

#### “Weeping” Eye.

*To the Editor of BABYHOOD:*

My baby of three months has an eye that “weeps”—that is, it is always suffused with water, which often runs down her cheek. What treatment can I give it? Will a strong light injure it? What was the probable cause of it, and was it from birth? L. B.

*Malden, Mass.*

The description seems to correspond to an obstruction of the tear-duct. This can only be determined by a physician. If such obstruction exist, clearing it away will probably relieve the trouble.

#### Diet at One Year Old.

*To the Editor of BABYHOOD:*

I wish to have your valuable advice on the food I should give my baby. She is very nearly a year old, and has so far had nothing but cow's milk, being a “bottle baby.” My other little girl was very fond of farina, but this one cares nothing for it. She is very backward with her teeth, having just cut her first tooth. I always give her lime-water, but perhaps not enough. Please tell me what quantity should be put in a cup of milk; also how soon should a child be given thin porridge,

the same consistency as we have ours? I had no trouble weaning her [from the bottle] at all, which I did when she was about ten months and a half old, and now she drinks out of a cup as we do.

*San Francisco.* TRUE FRIEND OF BABYHOOD.

A child without teeth cannot make proper use of porridge, or, indeed, of any solid or semi-solid food. So far as we can suggest a diet, it must still consist largely of milk and not too finely strained oatmeal gruel. Juice of squeezed rare meat, beef or mutton, may be given once daily, and it is probable that the persistent use of a syrup of hypophosphites or cod-liver oil would do more than anything to hasten the coming of the teeth, which must precede any radical change in food.

#### Nasal Catarrh of Three Months' Standing.

*To the Editor of BABYHOOD:*

My little girl is now three months old and has been troubled with the “snuffles” since she was one week old. At night it troubles her very much and makes her restless. I have rubbed vaseline on her nose and inserted it into the nostrils, but without much effect. Can you tell me of anything that will help or cure it? M. S.

*Brooklyn.*

The treatment consists in keeping the child's general health in the best possible condition, avoidance of heated rooms as well as of draughts and chilling on the one hand, and, if the trouble persists, of local treatment on the other. But practically, in a child so young, nothing can be done locally beyond careful cleansing of the nostrils. There are various kinds of “snuffles,” depending upon constitutional causes, which may be cured by proper treatment.

#### Symptoms of Rickets.

*To the Editor of BABYHOOD:*

(1) As I write my little daughter lies beside me, sleeping, with great drops of perspiration all over her head. When I take her up the cover on her pillow will be soaked. While the weather was warm I did not attach so much importance to it; but now that cold days have come, and the excessive perspiration does not grow less, I feel that it should be checked. It comes when the baby nurses or cries, but most when she is sleeping. Baby is between nine and ten months old, is fed from necessity from the bottle, and to all appearance is a healthy child, weighing twenty pounds. She takes undiluted milk with peptogenic powder four times a day; none at all through the night. Her digestion is perfect.

(2) Another matter worries me somewhat. Although she sleeps ten and eleven hours at night, she awakens four or five times, cries for a minute or two, and goes off to sleep again. She has done this several months. I am quite sure it is not indigestion. The lower central incisors are just coming through. Could they have caused restlessness two months ago? I am thinking about taking away the peptogenic powder in a few weeks and substituting lime-water in view of the late dentition. What is BABY-

HOOD's opinion? Our little girl is eager to use her limbs, has stood with a little help for two months. I would do the very best possible for my blessing, but have no experience to guide me, and depend greatly upon your helpful magazine.

Bridgeport, Conn.

C. H. B.

(1) You mention two prominent symptoms of rickets—profuse perspiration of the head and late teething. The child should be carefully examined by your physician and a diet prescribed

with careful specification of details. The use of undiluted milk, assuming pure milk of good quality, seems to us premature.

(2) The restlessness was probably not due to teething two months ago. It is much more likely to be dependent upon the same general condition that causes the perspiration. The lime-water can be given without taking away the peptogenic powder.

## THE KINDERGARTEN AT HOME—XIV.

BY GRACE C. KEMPTON.

### PAPER-FOLDING AND PAPER-CUTTING.

THESE occupations are general favorites with the children, delighting them both in process and results. Their slight fingers acquire

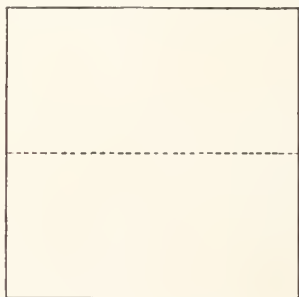


FIG. 1.

skill and their minds discipline and habits of accuracy which must always be valuable to them. Both occupations deal with surfaces and correspond to the Seventh Gift, of which we have written.

For the folding we have papers four inches

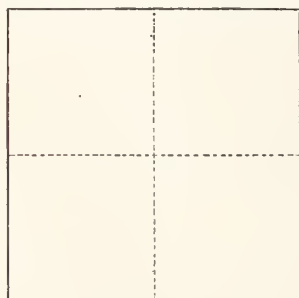


FIG. 2.

square, either colored or white. Children enjoy the colors, but white are useful for variety. The unglazed are preferable, as the glazed sur-

face is less durable in the creases made by folding, and might be injurious. The papers are

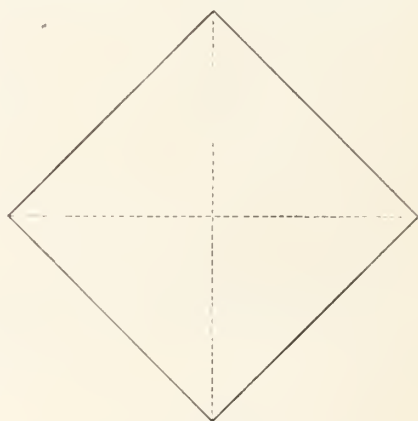


FIG. 3.

prepared, as is all Kindergarten material, with great accuracy, and are sold by regular dealers.\*

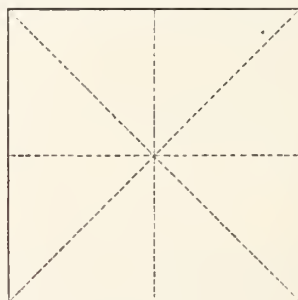


FIG. 4.

The children have met a square many times, and should now be intelligently acquainted with

\* E. Steiger, 25 Park Place, New York. Milton Bradley & Co., Springfield, Mass.

all that it means. Upon receiving a paper ready for work they immediately recognize it as square; but may judge,

degree appreciate the work and care necessary to their accomplishment. A story of paper-making may be

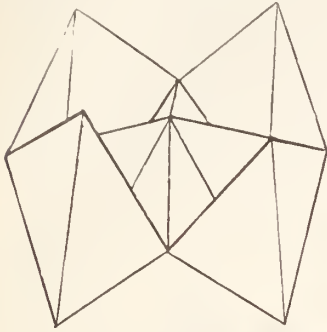


FIG. 6.

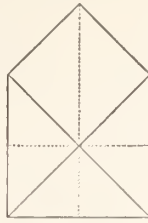


FIG. 5.

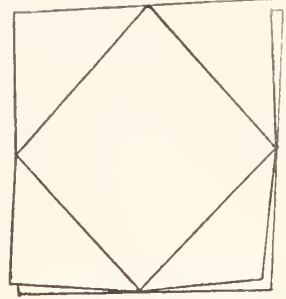


FIG. 9.

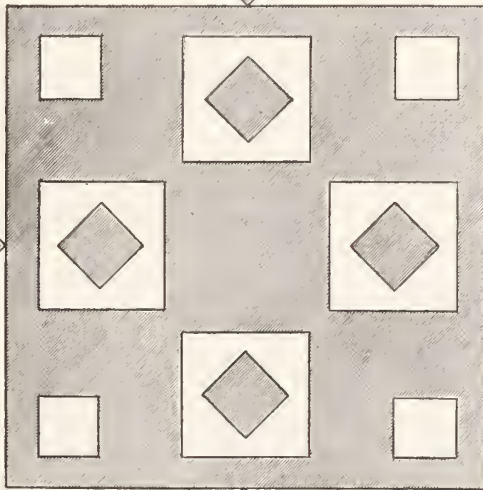
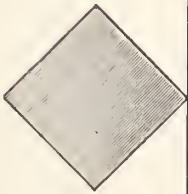


FIG. 12.

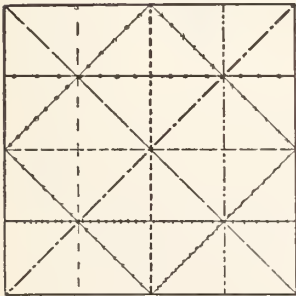
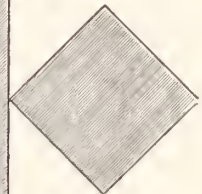


FIG. 8.

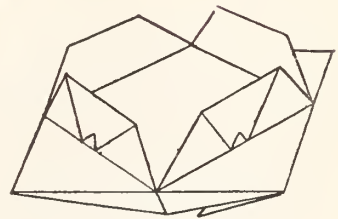
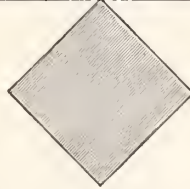


FIG. 10.

first without measuring, of its size, afterwards testing their decision upon the inch checks of their kindergarten table. They are led to notice the accuracy of its angles, cleanly-cut edges, and smooth surface, and may to a

told to them, which will give them a clear though only general idea of that manufacture.

And now the children are ready for work. Hands folded, they quietly await direction. Let

the first orders given be *to touch* different corners and edges, "jumping" from one to another. Thus: "touch the right-hand edge of your paper"; "jump over to the left-hand edge"; "touch the lower edge of your paper"; "jump to the upper edge"; "touch the right-hand lower corner"; "jump to the left-hand upper corner," etc. Let the impression of length be deepened in connection with edges by always drawing the finger along the whole edge. Where much repetition is needed in these exercises make use of the imagination to insure lively interest.

The first crease (Fig. 1) is made by folding the lower edge over to the upper edge, placing them *just together, corner exactly over corner*, then carefully pressing it down. We see now an oblong instead of a square. Partly opening the paper and standing it upon its long outer edges, we have a tent or a tunnel, which may

form the central object of a variety of stories. Holding the paper so that the fold is upright, we have a very good book, from which many a tale may be composed and read by the child who made it. For the sake of the truth lead the child often to speak of the "make-believe" character of the books and stories; also lead the stories into good channels always, often reading one yourself, which will act as a model. Opening the paper, we find the crease has divided the square into two oblongs. Now fold the right-hand edge over to the left-hand in the same way, being always sure to make a neat and true fold (Fig. 2). Never allow the paper to be

turned; it must be kept *on the table and as first placed*.

Our square is now divided by the two creases into four smaller squares, which, with their size and many angles, form subject for much thought and conversation to the children. Let each new angle receive full attention and the result of intersecting creases be clearly understood before passing to the next fold. The paper may now be likened to a window through which we may in imagination see many pleasant sights.

Which part of our window should be wood?

Of what is the other part? Why is glass used for windows? The object of this talking upon each point is to cultivate the intelligence of the child, the habit of thoughtful attention, and also to heighten the interest.

At a second lesson the paper may be placed with a corner toward the child, and the position of the three other cor-

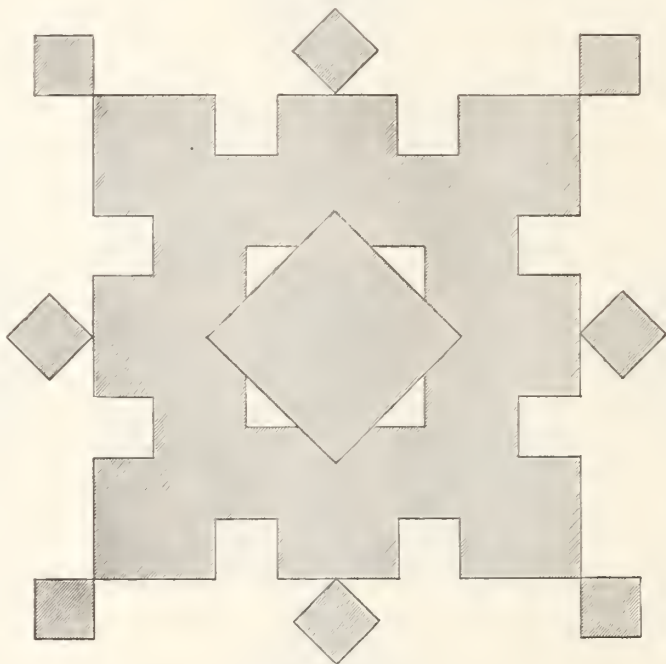


FIG. 13.

ners noted; then, the right-hand corner being folded on to the left-hand, we find a large right-angled triangle, which may be likened to a mountain, tent, or other triangular object. The second fold would then be the lower corner over to the upper. We would then have our square divided into four triangles, as in Fig. 3.

Stop at each step and consider with your young companion each new result, with all attending it. Let all angles be named and counted, parallel edges noted, contrasts and similarities observed.

A third lesson may open with the four folds



given as in Fig. 4, then proceeding with a new series, which is to fold each corner (by opposites) *to the centre* of the paper. When three of the corners are thus folded we have a very good envelope or wall-pocket (Fig. 5).

Too much space would be needed to describe each detail of this fascinating occupation ; therefore, as the general plan of work is explained, we will pass to brief descriptions, first of a few of the prettiest forms of life.

To make the salt-cellar, Fig. 6, we first fold the envelope, closing it with the last corner folded in to the centre. Now turn the paper over so that the four triangles are on the table, and fold again, each corner to the centre ; turn the paper back again and we find four little pockets ; place a finger into each one, and, pressing the centre together, stand the salt-cellar upon the four corners of the pocket.

Turn each upper corner of these pockets down on to the lower corner and fold, and we have a work-basket.

Fold a paper in the same manner, and then open it upon the table, and we find our square divided into thirty-two right-angled triangles (Fig. 8). Let the child point to all the acute angles, to all the right angles, and closely observe the position and arrangement of the triangles, their relations to the oblongs in the square, to the squares in the square, and to the larger triangles.

For the purpose of clear observation of these divisions, it is useful for the child to trace each crease over with a different color from a variety

of pencils. The work in dividing done by each crease may then be carefully studied by him. This only for advanced pupils.

Further description of the many forms of life possible is impracticable in this article. One can easily invent from the explanations given. It is also very useful to lead the child to invent, cultivating originality and perseverance.

For the first set of the forms of beauty fold the envelope ; turn the paper with the folded corners down, then fold each corner again to the centre, turn the paper over again, and fold each corner from the centre to the outside (Fig. 9).

Lead the child to notice the position of each triangle ; where the base lies, where the apex ; to change Fig. 9 fold the outer corners back to the centre, disclosing each base of two triangles ; then refold them, not, as before, to the outside, but a little beyond these bases, then fold again toward the outside (Fig. 10).

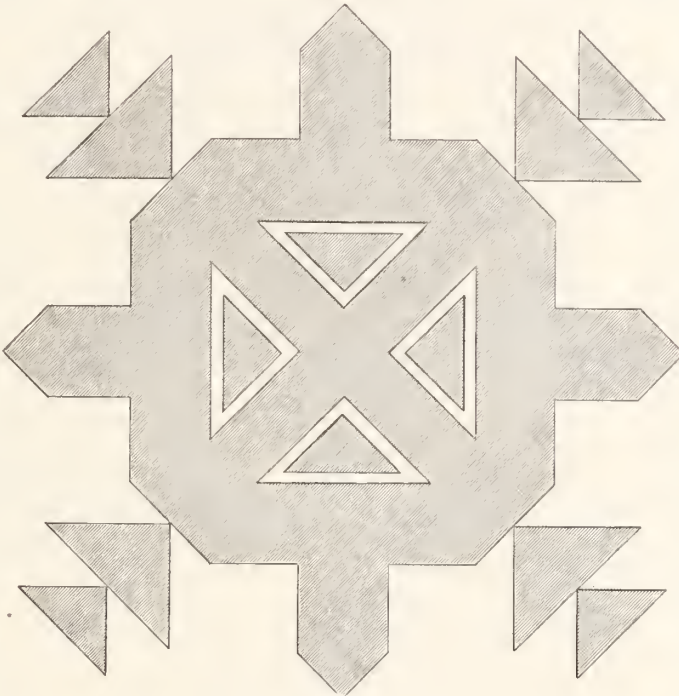


FIG. 14.

For another design fold the envelope ; turn the paper with folded corners down ; fold the corners from the centre to the outside, crease it very hard, and then unfold each. Now fold the vertical short edge of the inner triangle to the base of the outer ; fold the horizontal short edge of the same triangle to the base of the outer ; turn the folded (inner) triangle back on to the outer ; repeat with the remaining corners, taking them always by opposites. This gives an obtuse-angled triangle, formed by two scalenes folded up on a right-angled triangle, and gives new opportunity for deepening the impressions of those triangles given before.

The good results possible from these exercises when intelligently conducted can scarcely be calculated. That the child may become acquainted with the rudiments of geometry is plainly seen, at the same time that his love of symmetry and the beautiful is being cultivated and his fingers are gaining in skill and dexterity. Let the work always be *accurately* done, often stopping to consider the steps

upon one side the network of hair-lines ; then we are ready for the scissors.

Let the children discuss the material and construction of the scissors, learn to handle them properly and use them skilfully. Many forms of beauty may be made, cutting carefully on the hair-lines, then opening the design and neatly pasting it upon a larger "mounting-

taken and their results.

#### PAPER-CUTTING.

For this occupation we use papers that are larger (5x5) and somewhat thinner.

These are usually white, and have hair-lines ruled upon them as guides in folding and cutting. They are folded by the lines until they are of triangular shape, one-eighth of the whole size. Arrange the folds so that the triangle shows

paper" of suitable color to show it effectively. Always use the bits cut out, arranging them either inside or outside the central figure.

Figs. 12, 13, 14, 15 show four of these designs opened and arranged for pasting.

Let the children work from direction always, and often draw the lines which they will later cut. Advanced children may do the same work without the aid of the hair-lines.

FIG. 15.

## THE FATHERS' PARLIAMENT.

[Substituted for "The Mothers' Parliament" this month on account of a temporary superfluity of fathers.]

### Take Notice of the Baby.

To the Editor of BABYHOOD :

I once taught a country school for several terms and was very successful. I was, I often heard, "more popular" with the people of the neighborhood than any other teacher had ever been. In my secret soul I fancied I knew the secret of my popularity, but I never breathed a word of it to any one, and tell it now for the first time. There was a baby in almost every house in the district, and I "made the greatest fuss" over all those babies. I kissed and cuddled them until there wasn't a mother in the neighborhood who would not have made oath that I was

the nicest teacher that ever taught in that school-house. And I was not as hypocritical as I may seem, for I have all my life been fond of babies, and I was not simply acting a part when I kissed and fondled those little rural infants so long ago. Some of them were very pretty babies.

Since then I have become the happy possessor of two little flaxen-haired darlings of my own, and I am gladder than ever that I have made so many fond mammas rejoice by paying their babies some little attention.

There is nothing a fond mother is more likely to resent than a slight put upon her baby ; and I think it is the solemn duty of every man and

woman to at least be courteous enough to acknowledge the existence of babies thrust right under their noses. The baby may indeed be a pudgy, scowling, ugly little piece of humanity, but its mother is blissfully ignorant of that fact, and the cruelest, most shameful thing you can be guilty of is to attempt to enlighten her on the subject.

My wife and I are firm in the conviction that our baby is the sweetest and brightest baby in all the world.

Well, the other day I brought a stranger home to dinner—a gentleman who had come to me with a letter of introduction from a dear friend. The visitor proved very agreeable, and we were greatly pleased with him *at first*. Knowing that he had children of his own, my wife and I thought he could not help liking to see our little darling. So, after dinner, Baby F. was arrayed in his very best “bib and tucker,” his flaxen curls were made to look their prettiest, and he was proudly brought in as a sort of a joyful surprise to our guest. *Would you have believed it?*

Not by word or look did that man—stone that he was—acknowledge the child’s presence. Never paid him the slightest attention. My wife is a lady of mild manners, but I saw her cheeks flush and her eyes flash when, after a full quarter of an hour, the utterly ignored baby was carried out crowing and laughing.

I was fully prepared for her reply when, after his departure, I asked her how she liked our guest.

“I didn’t like him *at all*—not the *least bit*! He never even *looked* at the baby!”

I think myself that it was pretty shabby of him; don’t you?

J. L. H.

*Massachusetts.*

#### Parental Example at the Table.

To the Editor of BABYHOOD:

I chanced to take dinner at the Bottoms’ cottage not long since. The Bottomses are good folks, who literally live by the sweat of their honest brows. They are farmers in easy circumstances, and, though plain country people, the paternal Bottomses are well educated, and are endeavoring to give their children a good education also. During the repast little Jimmie, the youngest of the Bottoms’ scions, tilted or propped his plate on one side with a bit of bread in order to keep his molasses in due bounds. His mother instantly rebuked him for doing so. I confess I could not see that the little fellow deserved the reprimand; for we must all agree that it is much more pleasant, where a saccharine fluid like molasses or honey is eaten from a plate in conjunction with sun-

dry other viands (as children in the country are wont to eat), to have the sweet, semi-liquid biscuit lubricator confined to one side of the plate to prevent its disseminating itself over all the available surface of the piece of table crockery.

But even admitting that Jimmie did infract the laws of table propriety a little in behalf of his gastronomic pleasure or convenience, his disapproving mother had no right to rebuke him; for before the meal was over I observed her dip her knife into the dish of boiled rice and shovel out a mouthful more than once! I had heard before that Mrs. Bottoms made a habit of removing what butter was left upon the plates after a meal, and putting it back into the butter-dish, and that she would even take the bits of bread and biscuit which the children left, and cook them up into a bread-pudding for the next day’s dinner; but I was surprised to see her guilty of such a breach of table manners as to eat from the dish of rice! That was such a striking contrast to Jimmie’s tilting his plate that I could not fail to notice it.

But this was not the only shock my delicate nerves were destined to suffer ere the close of that memorable dinner. The old gentleman, finding an inconvenient quantity of “pot liquor” in his plate, with the utmost nonchalance drained it off into the dish of turnip-greens which sat near him!

Now, if the Bottomses were uneducated people these gross violations of good breeding might be overlooked on the score of ignorance; but they are not uneducated. The old gentleman (for he is a gentleman despite his infractions of some of the proprieties of life) has a genuine Latin vellum diploma from an old and once very popular college; and Mrs. B. was for a number of years a successful teacher in a high-school. Her inconsistency in rebuking her little boy for tilting his plate, and then, within five minutes, dipping into the rice-dish with her knife, forcibly reminded me of the beam and the mote.

It also reminded me of the little three-year-old whose paternal relative was harshly scolding him for some childish misdemeanor, winding up his parental philippic with:

“What makes you do such naughty things, anyhow, Tommy?”

For a moment little Tommy was silent—apparently at a loss how to answer such a weighty question; but he suddenly adopted the Yankee’s tactics by asking in reply:

“What makes *you* do naughty things yourself sometimes, papa? You are such a *great big man*, and I am such a *little boy*, too!”

Ah, what a rebuke!

How can we reasonably expect our children to grow up into kind, courteous, and considerate men and women, unless we set them proper examples? DIXIE.

### Raising by Rule.

*To the Editor of BABYHOOD :*

We have just had some visitors at our house whom I was heartily glad to see depart. I hope they won't come again very soon—not, at least, until they can come without bringing a year-and-a-half-old baby with them. It was not the baby that made me lose my usual serenity of soul. It was the father and mother. The child was good enough—better than most babies would have been under similar circumstances, better by far than I would have been had I been in its place, knowing half as much as I know now.

These parents were raising their little Charles by rule. No one must dare call the child "Charley" or by any of the "baby-names" dear to baby-lovers. It was "against the rule" to do so. They had called that poor little thing "Charles" since the day of its birth. It lived and breathed and had its being according to "rules" as unalterable as the law that "changeth never," of which we have all read.

The trouble began the first night. At exactly six o'clock they took the baby, kicking rebelliously, away from my little boy of the same age, and one a year older, and carried him off up-stairs, where he was undressed and put to bed. His parents immediately rejoined us in the parlor, leaving the child kicking and screaming in actual fright in the room above.

"We *always* put him to bed in the dark," said the child's mother complacently, heedless of the shrieks above.

"But he may not feel quite well after his ride of a hundred miles to-day," said my wife. "Then, too, the little fellow is in a strange room and a strange house."

"That makes no difference at all; I *never* go to him after I put him to bed, no matter how long he cries," said the mother.

"Mamma! mamma! mamma!" shrieked the child. "Baby 'fraid! baby 'fraid!"

Then father stepped into the hall and cried out harshly:

"Charles! lie still and hush *right up*."

Charles didn't "hush up." He was a delicate, nervous child, and had worked himself into such an excited state of mind that he could not control himself. His cries were pitiful.

"Charles!" cried out the father a second time.

"Would you mind if I ran up to the poor

little fellow for a moment?" asked my wife, greatly distressed by the child's cries.

"We never have any one go to him," said the mother coldly. "He must learn to obey us."

They do not know it to this day, but I slipped out into the kitchen and ran up the back-stairs and went to that baby myself. The poor little soul was fairly quivering with fear and excitement. His little fingers clutched at me as I bent over him, and when I lay down by him he clasped both arms tight around my neck and lay trembling and sobbing in my arms.

I believe in rules and in systems for raising babies, but there is not a rule or a system that cannot sometimes be set aside to the advantage of the baby. I have seen children whose every movement was regulated by a fixed and unalterable rule, and they were not the happiest or the most pleasing children in the world. I have known such children to break away from the restraint and the irksome rules of home at a surprisingly early age, and, once free and rejoicing in their unrestrained liberty, they did things they might never have done had they not been held with such a tight rein all their lives. We need wisdom and the constant recollection that we were once children and like-minded with these little ones of ours, in the making and enforcing of rules for their guidance and happiness.

*Dorchester, Mass.*

ZENAS DANE.

### Early Training in Self-Control.

*To the Editor of BABYHOOD :*

There are some things sad and pitiable in themselves; others sad and pitiable in the prospective probabilities of the misery and misfortune consequent upon them. The drunkard, the dishonored name and disgraced family, are sad and pitiable sights in themselves; the rearing a mother gives her child is sometimes of that character, presenting a sight sad and pitiable in its prospective probabilities of misery and misfortune.

The most important moral quality in a man is that to which, as a rule, mothers pay the least attention. No man can ever hope to gain the control of men who cannot control himself. A man must learn to tame himself, to be his own master, before he can expect to master others. Nine-tenths of the mothers who are caressing their darlings and indulging sweet fancy in bright pictures of the future are themselves training the little minds and educating the sensitive nerves to mar the talents a wise God has given them.

"Johnny, didn't I tell you not to touch that?" In lieu, then and there, of impressing the lesson, all opportunity of exercising self-con-



trol is taken from the child by putting the forbidden thing beyond its reach. If it be an eatable, as mamma takes it from the table after the third disobedience she says, with emphatic earnestness: "I said you shouldn't have it, and you sha'n't." The child knows its mother better than she knows herself. Three or four times a chair is moved to the mantel and as often taken away by the mother, who emphasizes her superior physical strength, saying: "You sha'n't have it." The child does not despair and so tries his last remedy. He yells, kicks, screams, and indulges in a myriad of those antics which he has used effectively in a thousand instances before, and eventually conquers. He has been taught neither obedience nor self-control, but to gratify his desires as best he can. The opportunity to teach the child his power over himself has been employed for the reverse. "He's so bad!" is the self-exculpatory phrase—as if a child were born good!

He grows to manhood, and all through his childhood the same system is carried on. The spoilt and pampered darling has no tutored habits, save self-indulgence and some few ornamental virtues, such as cleanliness in appearance. There are no preservative bonds between his will, his conscience, his passions and inclinations. He is "at the mercy of every impulse and blown by every passion," as some one said of a savage. In truth, he is a polished savage.

Because this woman taught her child not to steal nor drink, not to cheat nor gamble—in wordy lectures—and left him a slave to his every inclination and a victim to his every passion, weak-willed and powerless, the world wonders and sympathizes with her when he whitens her hair and wrinkles her face, and sends her to her grave dishonored, disgraced, and broken-hearted. What right had she to think this child, who had never received the lesson of obedience and never had his will trained, would in his manhood develop those virtues which were strangers to his childhood and aliens to his education? Did she think the untrained will and unknown power of self-control would, in manhood, be trained or known? By what logical process did she reason that the child not taught to control his appetite for sweets would control his appetite for whiskey or wine? Upon what basis did she found the hope that the boy not taught to quit his game of marbles or ball when the hour for school had come would quit his game of cards when the hour for rest before work had come?

It needs no brutal whip to cow the young heart, no lash to break the young spirit, to train

in children the will, the mastery over self. It does need some patience, some conquest of the merely animal love of offspring, some exercise of will in the parent.

It is very seldom a question of what is right and what is wrong in this life, but it is always a question of the will to do right and the self-control not to do wrong. The quick prompting of a sensitive conscience is valueless without the will to execute that conscience's behest. There are by far fewer false consciences in men than strong passions and weak wills. Train your child's will, train his self-control, train him to be his own master, train him in childhood in small things, and then fancy's picture of his future will be realized to the full limit of his talent.

*New Orleans, La.*      RAPHAEL BENONI.

### Papa's "Boy" and Mamma's "Girl."

*To the Editor of BABYHOOD:*

This is from a baby's papa. BABYHOOD has been a most welcome visitor in our home for two years, and Baby a few days less. Her name is Gertrude, but she says she is "papa's boy" and "mamma's shine" (for sunshine). Papa's "boy" she is indeed. She uses a hammer, has played ball with her papa for a year, and stands on her head. She never would sit in lap. She is a city girl, lives in a flat, has no nurse, no cook, no butler, no footman, no coachman, no waiter, no laundress in the house, and perhaps this is why she is so glad to see papa at night. She meets him in the public hall at touch of the bell, invariably attired in an old velvet-lined straw hat of her mamma's, which she at once insists in pressing on the father's brow in most fantastic shapes. Mamma is vexed at always having to meet me looking so outlandish, but laughs. But wait till after dinner. Then no imp that ever trudged in the dust ahead of the drum-major or went out in the morning "to meet the circus" showed more of the boy than she. Papa and his "boy" play bear, both on all-fours, some of the time plantigrading side by side, and anon progressing with the cub beneath bruin's forepaws. And yet this papa once had the name of being an exceedingly staid and sober young man. Then there is rollicking, rolling, and tumbling unlimited. But wait. Papa's "bangs" must be combed and his head adorned with a ragged muslin cap, while "boy" wears another and draws on a pair of her infant socks for mittens. Then visiting. And papa submits to it all! Then racing and dodging and hiding. Then out come the blocks, and "billa barn" is the word. Nothing but a barn. She was on a farm

in the summer. Papa is on the rug. She sits on him everywhere, sits hard, keeps sitting, but is never seated. And papa endures, even enjoys. She bends, she stretches, she laughs, she dances. Every part is brought into action. This is by no means all that proves her "papa's boy." Then she is quieted down. T. Buchanan Reed's "Brushwood" must be read to her. Then there is her little kneeling and hand-folding and three words of blessing, and she sleeps the sleep of the tired. The frolicking is by no means continued till she is exhausted.

Now, fathers of babies, I look, act, and feel like a clown through it all, but my "boy" thrives, is a rosy, hearty, healthy, strong, and growing baby, is girl enough to do whatever her mamma does during the day, and I want to know if I am the only fool of a father among you all.

A MAN WHO READS BABYHOOD.

New York City.

#### A Kite with a Tale.

To the Editor of BABYHOOD:

"Papa, will you make me a kite?"

It was Hartwell, my little boy, who spoke.

"Go away, my son, and don't bother me about making kites. I have something more important to do."

The little fellow said no more, but, with a look of disappointment, turned away. I was quite busy that day, on what I considered an important matter; yet, in spite of my preoccupation, that sad look of pain and disappointment which my impatient answer had caused my little son would obtrude itself upon my mental vision. My conscience smote me for not, at least, being a little milder in my refusal to grant his childish request. I knew that I had spoken in an unnecessarily harsh manner, and vainly tried to reconcile my accusing conscience with the lame excuse of having been too busily engaged to give any but a short answer. Ah! too busy to give a little child a civil answer! A poor apology, surely!

Suppose a neighbor had dropped in to borrow something of me; would I have answered him so curtly? Indeed not. On the contrary, I would in all probability not only have granted his request, but perhaps have squandered a half-hour or more in useless gossip—simply "out of politeness." And yet, "too busy" to spare five minutes to explain in a kindly manner to my little boy why I could not comply with his request!

What made me appear to myself more culpable was the fact that I had seen the little fellow taxing his own ingenuity to its utmost in a vain attempt to make the longed-for kite; and it was not until

his own crude little efforts had utterly failed that he appealed to me. He had seen "papa" do so many little things requiring more or less mechanical skill that he very naturally concluded (and rightly, too) that I could easily make a kite.

Still another question presented itself with some force of apparent reason: "Was it *morally right* that I should spend valuable time in the frivolous occupation of making a kite?" I would willingly have bought one at a toy-store, but there was not such an establishment in our village. So I let conscience and my better nature prevail, and determined to make my little boy happy by making him a kite. I reflected that I had often spent much valuable time in a less useful employment than amusing innocent childhood. Who of us has not?

Though "time is money," as the proverb says, it should no more be used in a niggardly, miserly manner than should "the yellow earth"; and if we use it thus we are no whit better than that "ill-guided wretch who sat among his bags at the midnight hour and held strange communion with his gold."

That afternoon, at a leisure interval, I got a hoop off an empty flour barrel, and whittled out a bow for my boy's kite. The next day I had business in town, and did not forget to go to the drug-store and procure a few sheets of light, strong manila paper and a ball of twine. Returning home, I stopped at a wood-shop and found some light pine strips in a pile of rubbish. I got home an hour or more before sunset, and, finding some starch which had been left from the week's ironing, by nightfall my little boy was happy in the possession of a neat, strong kite of "papa's own make," completed without the actual sacrifice of an hour of time from serious occupation.

The next day at noon the kite was dry and "ready for business," as my little boy said, and I went out upon an adjacent common with him, and he was soon taught "how to make it sail." The great joy it gave his childish heart was reflected with renewed strength upon my own, and I then realized the pleasing conviction that the time I had spent thus to amuse him was not wasted.

"Indeed," thought I, "man is but a child grown up"; and the child is truly "father to the man," for the paper kite he flies in childhood often turns into a speculative kite of questionable honesty in manhood. How many of us, alas! now look back with remorse at time worse than wasted upon this sort of kite-flying; but none of us ever did or ever will experience a pang of regret for the kites we sailed in childhood.

Marshall, Texas.

T. B. BALDWIN.

# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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THE notion that in order to promote the health of children they must be subjected to some sort of hardening process—that vital energy is stimulated by opposition, and that stamina is a matter of environment—contains enough of truth to make its practical application one of extreme danger. Were all born alike, with inherited vigor and robust temperament, some measure of this treatment might be not without its benefit. But we cannot provoke health and vigor in a sensitive plant by repeated shocks and exposure; we but endanger the slight hold upon vitality it already has. So should we give careful heed to children's clothing at this season of inclement and changeable weather. There are still many mothers who consider a linen shirt or chemise a proper garment to be worn next the skin of a child. Now, the maintenance of bodily heat and dryness are the all-important essentials in a baby's dress the year round. Linen rapidly dissipates bodily heat, and, worn next the skin, is as unsuitable and dangerous as any substance well could be. Woollen shirts that vary in thickness with the degree of external cold should be worn at all times. The feet should also be warmly cased in wool, and the head, in both sexes, protected by a warm and close-fitting cap or hood.

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There is many a father of a family who, while doing his utmost for his children while he is in health, and making the best provision he can for them in anticipation of his own death, wholly neglects to put such

provision in a tangible shape where it can be readily understood and manipulated by the mother or other guardian in case of his death coming suddenly. A case recently came to our notice where property of considerable value was so tied up with legal restrictions, owing entirely to lack of a few formalities which could have been attended to in a day's work, that the widow and children were kept for more than a year dependent upon the good-will of friends before money could be made available. Death is not ordinarily hastened by making preparations for it, and the subject should not be avoided on account of its unpleasant character. Many a model husband and father, whose business methods are of the most methodical and strictly honorable kind, would find ample occasion to blame himself for neglect if he would consider for a moment in what confusion his family would be placed if this day should prove his last. A good plan is to make, at least once a year, a written statement of all one's affairs at that time, and file it, in an envelope with the wife's name upon it, in a particular place which she and perhaps one other person shall know of, if not in her own custody. Such a memorandum should contain description of life-insurance policies or similar documents, and state where a will, if any, is to be found; encumbrances of any kind should be noted; unfinished transactions should be briefly described, that their status may be fully understood; and even if there exists no property whatever, a written statement, to that effect would re-

lieve doubt and avoid needless inquiry and suspense, in case one's business affairs were of a fluctuating nature which could not always be closely followed by the wife or fully explained to her. In cases of protracted and dangerous sickness, questions relating to the circumstances of members of a family who may soon be left alone cannot be readily asked or answered; and much of distress and dread of the future would be relieved at such a time if the wife could feel that whatever earthly possessions existed were to be immediately available, or at least that a full account of them was at hand under a comparatively recent date, so that she need not bring the subject into the sick-room.

A correspondent of the London *Lancet*, in a recent number of that periodical, writes to expose a common practice of manufacturers in stuffing pillows, mattresses, and bolsters with all sorts of refuse material. He states that having had occasion to examine the bedding at a first-class school, "bought new a few years ago of an expensive and respectable upholsterer," in the course of periodical cleaning and remaking, the contents were found to be of the most heterogeneous and repulsive character. These "included portions of filthy, coarse, black serge, apparently parts of soldiers' old coat-sleeves, pieces of dirty, greasy silk dresses, old worsted braid torn from the borders of women's gowns, soiled linen rags and colored calico, even nuts and walnut shells, and pieces of crinoline wire." Moreover, a woman employed to do the picking over, and who "works for the trade," assured the superintendent that few mattresses contained the material alone of which they were supposed to consist, and that the use of more or less rubbish was common. The pertinence of this subject lies in the suggestion of the *Lancet's* correspondent: "May not this dirty and dishonest custom be—nay, is it not almost certainly—the cause of many of the mysterious and unaccountable outbreaks of infectious disease in schools and families?" For-

tunately, in any given case, the remedy involves nothing more than the ripping-up of a seam or two, which can be closed when one is satisfied as to the contents. Bedding should in any case be opened periodically, cleansed, and aired as a proper sanitary precaution.

Among other causes of the spread of contagious diseases we would call attention to the very common use of bottled milk in sick-rooms, and the instances, frequent in the experience of physicians, in which children suffering from infectious diseases are either allowed to drink from the bottle or can furnished by the dairy, or to have it in their immediate vicinity. That a danger to the health of the community lies here we think few will fail to appreciate. Milk, the absorbent properties of which are generally recognized, must become highly infectious when allowed to remain in such an atmosphere; and as some slight residue of milk is sometimes returned with the bottle to the dealer, it is difficult to say where its mission of infection will stop. If, as commonly happens at the dairy, the bottle is simply rinsed, with others, in hot water, these may also be in turn infected, and thus a wide circuit of homes be exposed. It is evident that motives of policy as well as philanthropy demand that a vessel coming no one knows whence and going no one knows whither should not tarry in the atmosphere of the sick-room. It is to be hoped that its circulation in this way from house to house will some day be controlled by legal restrictions and penalties.

Were it possible to induce people to consume milk only after it has been boiled, the danger of infection would be reduced to a minimum. The history of epidemics of diphtheria, scarlatina, and typhoid fever, originating from contaminated milk, has repeatedly shown the uniform protection afforded those living in neighborhoods where these outbreaks occur, by the observance of this valuable precaution. But this is, perhaps, not the greatest dan-



ger to which we may be exposed in connection with the use of uncooked milk. Conclusive evidence goes to prove that scarlatina has been more than once imparted by the milk of cows which became infectious "at the actual moment of entering the pail," and that, too, without the presence in the animal of any disease that was considered important by dairymen. If milk be boiled shortly after its reception and allowed to stand in a cool place for five or six hours, the taste produced in this way, which is objectionable to some persons, will be found to have almost entirely disappeared. An added argument in its favor is that milk thus prepared will keep sweet and wholesome for a much longer time than raw milk.

As a child we remember to have had the feeling that the pithy laconicisms oft quoted by our elders for our example, restraint, or admonition were constructed by some foe to our instincts and impulses. "Early to bed and early to rise" holds out brilliant inducements to its observance, but children are few who are especially stimulated thereby. In the somewhat trying after-supper period, in which parents are apt to feel unsettled until the children are disposed of for the night, a more or less unpleasant friction constantly recurs. This is between the entirely natural desire of the child for recreation of some sort after eating, and the perhaps equally natural but quite unreasonable feeling that they should be ordered off to bed immediately after supper. The opposition this invariably excites should suggest to parents its instinctive quality. Digestion will be encouraged and undisturbed sleep insured by some light diversion, some sport in which parents and children can heartily participate. Again, retiring early, as children must, it is natural that they should wake early, earlier far than their parents. But to compel them to remain in bed, so as not to disturb the sleep of their elders, at a time when every impulse stimulates them to be up and doing, is a sin against nature for which parental selfishness is responsible. Children can commonly be trained to amuse themselves quietly at such

times, and will certainly do so if in the habit of obedience. The morning sun and air are as essential to the young of human beings as to plant-life, and both drink in with it health and vigor.

We do not suppose that any of our readers need to be told that, admirable in so many directions as the newspaper is, it is not the staff upon which to lean when illness of any kind comes to us or ours. And yet we believe that there are few physicians who do not more or less frequently have forced upon them the unwelcome truth that as a medical adviser the newspaper often inspires a confidence that is denied them. Without going into the reasons of this, it may be sufficient to point out the dangers that lie in the way of using a remedy simply because it has been recommended "in print." Now, really excellent things, useful in an especial degree, it may be, in the emergency for which the types recommend them, are rendered worse than useless to the average reader through the absence of the knowledge needed to use them properly. And this is just the crisis where a little knowledge is such a dangerous thing. Take, for example, the following, clipped from one of the daily papers :

"A cure for whooping-cough, said to be most effectual, consists in fumigating with sulphur the sleeping-room, as well as any other room used by the patient, together with his bedding, clothes, toys, and everything which he uses. The sulphur is simply burned in the apartments, while the clothes are hung up in any convenient manner, and the rooms remain closed and subjected to the fumes for about five hours. Everything is then well aired, and the rooms are once more ready for the occupation of the sufferer."

It will be noticed that the plan given above proposes fumigation of a household, on a more or less general scale, with the stifling fumes of brimstone, without indicating one of the many precautions that are essential to the *safe* execution of the plan, to say nothing of those needed to render it of advantage to the sufferer. It goes without saying that nothing of the kind should be thought of under any circumstances without professional advice, and then carried out only with intelligent supervision in every detail.



## CONTAGION AND DISINFECTION.

BY HENRY DWIGHT CHAPIN, M.A., M.D.,

*Professor of Diseases of Children at the New York Post-Graduate Medical School and Hospital; Attending Physician to the Demilt Dispensary.*

**I**N every case of contagious disease no one but those who are obliged to nurse or attend the sick should be allowed in the room. This rule is necessary, not only to avoid needless exposure but to prevent the germs of disease from being carried to others. While great fear, by depressing nervous vitality, may predispose one to contract a contagious disease, the opposite is not true, for courage will not prevent one from falling victim to such a malady. Doctors and nurses, in as large a proportion as other people, succumb to contagion. If a person not in actual attendance has to go into the room, it is well to cover the mouth and nose with a layer of cotton wadding through which all the inspired air must pass, and thereby arrest infectious particles. It is well to take a deep breath of fresh air just before entering.

### **Rules for Attendants.**

Those who are obliged to nurse the sick must avoid over-exhaustion and regularly partake of digestible and nourishing food. It is well known that persons are more apt to contract disease on an "empty stomach" than after a meal. Nurses should not go or sit very near the patient, except when actually obliged to do so. The nearer one gets to the source of contagion the more concentrated is the poison, and hence the more dangerous it becomes. I have often seen mothers kiss their children who were suffering from scarlet-fever or diphtheria. This practice is most dangerous and reprehensible; such needless exposure should never be incurred.

### **Source and Character of the Poison.**

In small-pox, scarlet-fever, and measles the poison emanates from the bodies and breath of the sick. In diphtheria the infectious material is probably only given off from the surfaces actually attacked by the false membrane, as the throat or nose, and not from the remaining parts of the body. The virus of measles and whooping-cough is very volatile and hence spreads through a great deal of space; the poison of small-pox, scarlet-fever, and diphtheria, on the contrary, does not spread more than a few feet from the patient. The virus of the latter diseases is, moreover, very clinging and persistent, and is spread widely by means of "fomites," or infected articles that have been used by the sick. Pet dogs and cats, dolls, handkerchiefs, etc., may become the medium of carrying the poison to distant parts. Cases are recorded where toys used by children sick with scarlet-fever or diphtheria have infected other children hundreds of miles distant, after lying perhaps for months in trunks. Milk can transmit the virus of scarlet-fever, and cases have been traced to dairies where the disease was raging; or a glass of milk that was standing in the sick-room may have been removed and consumed by other children in the family, with the result of their contracting the disease. Although filth and bad drainage invite diseases of all kinds, the diphtheritic poison appears to have a special predilection for such conditions. Indeed, some think the germ of diphtheria can originate in foul drains, ill-ventilated sewers and cess-pools, and in damp, mouldy rooms.

People living in exposure to these conditions are certainly very liable to contract diphtheria, even though there has been no known contact with the disease itself. Diphtheria is a very strange affection and differs in several particulars from the other contagious diseases. One attack does not confer an immunity from another, and it has a way of engrafting itself upon the other contagious diseases, thereby greatly enhancing their danger and fatality. Strict cleanliness and good drainage are therefore necessary in managing contagious diseases, not only on general hygienic principles, but to prevent the chances of diphtheria as a complication.

#### Period of Infectiousness.

Inquiry is frequently made as to how soon after its inception a person having a contagious disease can transmit the affection to others, also as to the length of time that it may remain contagious. The duration of infectiousness varies some in different cases. Thus it is well known that in scarlet-fever the flakes of skin that peel off at the close of the disease are highly infectious. In some cases this process of desquamation is slower than in others, thereby delaying the period in which it is safe for members of the family to come in contact with the patient.

Dr. Pearse, in the *British Medical Journal*, places the duration of infectiousness in these diseases as follows :

- MEASLES—From the second day, for exactly three weeks.
- SMALL-POX—From the first day, under one month, probably three weeks.
- SCARLET-FEVER—At about the fourth day, for six or seven weeks.
- MUMPS—Under three weeks.
- DIPHTHERIA—Under three weeks.

While the limits undoubtedly vary in different cases, the above can be taken as a safe average. The only exception I would take would refer to the beginning of scarlet-fever, which may be communicated before the fourth day. I have known, however, cases where, two children having slept together, one has been found in the morning with the rash of scarlet-fever, and

the other, by immediate removal, has escaped. Remembering that these diseases may not be at the very first contagious, we should promptly remove any children who have been exposed at this time, in the hope of their escaping. I have known parents, ignorant of this fact, allow well children to remain in contact with sick children after the first exposure, with the idea that it was too late to avoid communication of the disease. Doubtless such a false conception has cost some children their lives. All cases of early exposure must be promptly isolated and kept under observation until the longest period of incubation, previously mentioned, has passed. Whooping-cough is usually not contagious beyond the spasmodic stage, which is completed by about the end of the second month. Children occasionally whoop as long as a year after the attack, when suffering from an ordinary cold, particularly if excited. This need cause no alarm on the part of the mother, as it does not signify a return of the attack and will not affect other children.

#### Disinfectants, Antiseptics, and Deodorizers.

Before dealing with practical disinfection it will be well to make clear the distinction between disinfectants, antiseptics, and deodorizers. A disinfectant is an agent capable of destroying the infective power of infectious material. This is the concise and accurate definition of the committee on disinfectants appointed by the American Public Health Association. An antiseptic is an agent capable of arresting putrefactive decomposition, or ordinary decay. A deodorizer is an agent that will neutralize or destroy bad smells. Vile odors may be overcome or decay checked by agents that have not sufficient power to destroy disease-germs. Hence results much misconception and often a false sense of security on the part of householder. A bad smell need not be in itself injurious, and the most deadly disease-germs may not reveal themselves at all to the nose. As a matter of fact, offensive odors are to be destroyed if possible, because they are produced by gases that lower vital-

ity, and hence lessen the resisting power of the system to disease; also because they arise from conditions that afford a favorable soil for maintaining the activity of disease-germs. We must not think, however, that because the odor has disappeared the germ has at the same time been destroyed. Many of the so-called disinfectants and germicides sold as proprietary articles are nothing but deodorizers, and utterly unreliable for true disinfecting purposes. The weak solutions of carbolic acid often used in a sick-room are simply strong enough to mask one disagreeable smell by substituting another, but not of sufficient concentration to really disinfect. All true disinfectants are at the same time antiseptics and usually also act as deodorants. In the following description the solutions will be given in such strength as to be considered disinfectants. It is important to note that, in order to be effectual, the disinfecting solution must be brought in actual contact with the substances containing the disease-germs. Rags saturated with carbolic acid or other disinfectants, and hung in the sick-room, do not destroy germs in the atmosphere of the room, except in the spot where they are actually placed, although they may serve as deodorants. Dishes containing chloride of lime and standing about a room are equally useless for thorough disinfection.

#### **The Sick-Room.**

A patient suffering from a contagious disease should be placed in a large, well-ventilated room, if possible upon the top floor of the house. It is much easier in this way to secure quiet and perfect isolation.

Upholstered and stuffed furniture, curtains, hangings, and other articles that hold disease-germs and are difficult to disinfect, should be removed at the start. It is even well to remove the carpet, particularly if it be a heavy one. Scrupulous cleanliness is of cardinal importance in attending the sick. Trays containing dirty dishes, vessels with discharges, soiled napkins, and the like, must not be allowed to remain in the room. The air of the chamber must be kept at an equa-

ble temperature, about 70° F., or perhaps a little warmer in scarlet-fever and measles when the skin is peeling. Ventilation may be had by an open fire-place, or by dropping a window a little from the top and pulling down the shade to avoid a draught. The stuffy, mouldy smell sometimes noted upon entering a sick-room is equally injurious to patient and attendants. It is well, if possible, to have a room with a southern exposure, as sunlight is not only healthful but cheering; besides, fresh air and sunlight are the most powerful disinfectants known. There appears to be less depreciation of the blood where cases can be influenced by sunlight. In measles, where the eyes are inflamed, the patient must be kept in a dark room.

#### **Practical Disinfection.**

A most important point to remember is that contagious virus must be destroyed at its source, and thus not allowed to disseminate itself over a wide area. As the source of poison is the body of the sick, all discharges must be disinfected as soon as produced. Where the skin is affected by the disease, this part of the body is highly infective, particularly the flakes that are constantly being given off. In scarlet-fever and small-pox the skin should be daily rubbed with carbolic acid and vaseline (about one to thirty-five or forty).<sup>\*</sup> This will not only relieve the itching, but disinfect the skin and thus prevent the air from being contaminated with scales and exhalations.

#### **Disinfection of Discharges.**

The discharges from the mouth and nose, particularly in patients with scarlet-fever and diphtheria, should be received and wiped away by rags that must be immediately burned. Fire is a quick and sure way of destroying disease-germs. Bits of cheesecloth or old muslin answer well for this purpose, and a supply should be kept by the side of the patient. Towels, napkins, and other articles liable to be contaminated by discharges may be treated according to the following rules of the New York Health

<sup>\*</sup> Carbolic acid, one dram; vaseline, five ounces.



Department: "Articles used about the patient, such as sheets, pillow-cases, blankets, or clothes, should not be removed until they have been disinfected by placing them in a tub with the following disinfecting fluid:

Eight ounces of sulphate of zinc.  
One ounce of carbolic acid.  
Three gallons of water.

They should be soaked in this fluid for at least one hour, and then placed in boiling water for washing. Feather beds and pillows, hair pillows and mattresses, and flannels or woollen goods require fumigation, and should not be removed from the sick-room until after this has been done." "All vessels used for receiving the discharges of patients should have some of the same disinfecting fluid constantly therein, and, after use by the patient, be emptied and cleansed with boiling water. Water-closets and privies should also be disinfected daily with the same fluid, or a solution of chloride of iron, one pound to a gallon of water, adding one or two ounces of carbolic acid." Eight ounces of chloride of lime to the gallon of water likewise constitutes a reliable solution for the disinfection of excreta, or a two per cent. solution of carbolic acid, or corrosive sublimate 0.1 per cent. (1 to 1000). All straw beds should be burned.

#### **Disinfection of the Sick-Room.**

As soon as the patient is able to leave the room it must be fumigated, in order to reach all parts by the disinfecting agent. If this is not done infectious material may remain for a long time attached to distant surfaces, particularly after such diseases as scarlet-fever, diphtheria, and small-pox. The room to be fumigated must be very tightly closed by stopping up all apertures, such as key-holes, loose sashes, the spaces under doors, etc. Cotton, paper, or rags may be used for this purpose. The amount of sulphur

to burn will be three pounds for each thousand cubic feet of air-space. All the articles in the room should be freely exposed to the fumes of the burning sulphur; hence closets must be opened and bureau-drawers pulled out. The roll sulphur should be broken in small fragments and placed in a saucer standing in a large, old-fashioned iron kettle; or it can be put in an iron pan placed upon two bricks which are set in a tub partially filled with water. A little alcohol had better be sprinkled over to favor combustion, and then a match applied, or, better still, a live coal. The room must remain closed for twelve or twenty-four hours, and then thoroughly aired. All the surfaces that will allow it should be wiped with a chloride of lime or carbolic acid solution, of the strength given above, and finally scrubbed with soap and hot water.

#### **Disinfection of the Person.**

A solution of chloride of lime (1 per cent.) or carbolic acid (2 per cent.) can be used to bathe the body of convalescents or persons who have been in attendance in the sick-room. A free exposure to fresh air and sunlight are very efficacious in purifying the person. Corpses may be wrapped in a sheet saturated with a solution of chloride of lime (4 per cent.) or carbolic acid (5 per cent.), without being washed.

#### **Disinfection of Food and Drink.**

Both milk and water may carry disease-germs, and hence must be thoroughly boiled when there is any danger of their being contaminated. Delicacies or articles of food that have stood in the sick-room must not be given to other members of the family. In wide-spread epidemics food should be eaten very shortly after being cooked, while the required heat has acted as a disinfectant, as any delay may result in fresh disease-germs finding lodgment.



## CHILDREN'S HEADS.

BY LEROY M. VALE, M.D.

## II.

IN the previous part of this article we said that it was doubtful if oversize of the head, pure and simple, the shape being right, was ever a sign of disease. But what is a rightly-shaped head? There are multitudes



FIG. 1.

of shapes that are right, and some that are wrong because they express diseased conditions. Every one knows that there are racial peculiarities in the shape of the head as well as in its relation to the face,

and this quite independently of any tricks of artificially shaping the head, as is said to be done among certain races of savages. Although types of head vary considerably even among people of the same stock, a general "average" head is recognized as belonging to various races. In our own country, for instance, one may see the negro, the native Indian, the Chinese, side by side with the European. In the same way we form for ourselves with a certain degree of correctness a typical head for many of the European nations.

#### Hereditary Characteristics.

But individuals even of the same nationality will vary widely. Once in a while one sees a family which is marked throughout by the same physical peculiarities, but more commonly the variations are noticed. These various forms are usually hereditary, and very often the ancestors may be pointed



FIG. 2.

out from whom they have been handed down. These are facts of the commonest observation, but are referred to here in order to call attention to the fact that the hereditary forms of head are not the same as the diseased types; although occasionally one does see instances of the former class strongly suggesting the latter.

Now to return to children's heads. Figs. 1 and 2 were drawn from photographs to illustrate two very distinct types of healthy heads. Both children, one now adult and the other a "big boy," were free from physical taint and exceptionally free from sickness. The one head is wide and round, the other very tall and relatively narrow, but in neither is any trace of disease shape noticed.

#### Imperfectly Developed Heads.

In this connection, as we are considering only heads that are too large, we need not speak of the small heads that are sometimes the sign of imperfect mental development. This type of head rarely excites anxiety by itself, the intellectual deficiencies attracting attention sooner.

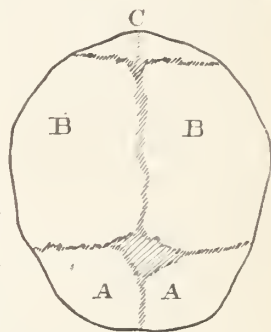


FIG. 3.

#### Abnormally Large Heads.

There are two types of large head that deservedly excite uneasiness or anxiety, because they are the product of diseased processes. They are the rickety head and the hydrocephalic or dropsical head. In the former the shape is principally dependent upon peculiarities of growth in the skull itself, and in the other it depends chiefly upon changes within the cavity of the skull. The skull is

considered by anatomists as composed of the cranium and the face. Eight bones go to make up the former and fourteen the latter. But of the eight cranial bones, four—the frontal (AA, Fig. 3), two parietal (BB) and occipital (C) bones—make up the great part of the dome of the head. The first makes the forehead, the last the back of the head, and the other two the sides. At birth the frontal bone is divided in halves down the centre, but after a few years the parts are usually so closely united as to be no longer separable, and become one bone.

#### Bone Formation.

To the understanding of the peculiar manifestations of rickets in the bones a few words about the normal growth of bone may be useful. Early in the history of the unborn child it has no real bones, but what are to be bones are, so to speak, sketched out in cartilage or gristle, or, for some of the flat bones, in membranes. Subsequently a very complex process begins by which the cartilage-cells are replaced by bone-cells, and calcareous matter is deposited around them, making the bone solid. There are then two parts to a bone, its living, animal part, doing work and changing as do all living tissues, and the earthy part, which seems to play the part only of building material. In a majority of the bones this process of calcification or ossification is already begun or well advanced at birth, but many bones are grown in separate pieces which do not finally unite until years afterwards, some as late as the

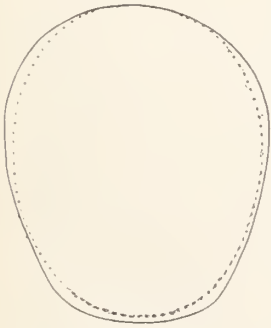


FIG. 4.

twenty-fifth year. The process begins from central points and extends on every side. At birth, as every one knows, it is not complete in the bones of the head. They have not yet united to each other, and

in some places considerable intervals are still remaining, which are called fontanelles. The largest of these usually keeps open until some time in the second year of life, and is popularly known as the "soft spot," shown in Fig. 3 at the junction of the bones AA and BB.

#### Malformation Due to Rickets.

Rickets is a constitutional nutritional disorder with many manifestations, among which distortions of the bones are perhaps the most striking. Many people, even physicians, seem to doubt the existence of rickets until the bone symptoms are developed,

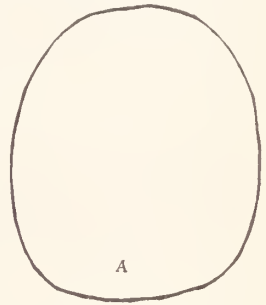


FIG. 5.

which leads to the needless neglect of the causative condition. Not to go further back, the immediate changes in the bone are a deficiency of lime, while, in parts at least, the animal part of the bone is over-abundant, leading by and by, when calcification does occur, to extra deposits and lumpy protuberances of bone. The bones of the head may share the tendency to morbid change. The head is perhaps somewhat overgrown, but it is made apparently more so by the retarded development of the face. The bones of the head do not close as early as they should, the fontanelle remaining open late, and sometimes when it has closed late there is a permanent depression at this point in the contour of the skull. The most usually noticed peculiarity is a squareness of the skull caused by the over-prominence of the natural protuberances of the forehead bone and of the parietal bones. These angles, together with the flat top of the head alluded to and the very flat forehead, give a peculiar box-like shape to the whole head. It is difficult to represent this except by a very carefully shaded drawing. The diagram Fig. 4 will perhaps better illustrate it.

The outer, solid line is from a tracing of the contour of a rickety head (not one of the worst, however); the inner, that of a child of about the same age, seemingly healthy.

The peculiar angular forehead is still more marked at A in Fig. 5, which also illustrates the unsymmetrical development not infrequently met with in this disease.

Sometimes the front of the lower jaw is flattened backward and has the same square appearance as the forehead. We cannot take the space here to go over all of the peculiarities of rickets, but may allude to some of the peculiarities of a rickety head besides its shape.

There are in marked cases in some parts of the skull, particularly in the posterior part of the parietal bones, certain depressed or thinned-out spots in the bone which the physician searches for, but which probably would not attract the attention of any one else.

BABYHOOD has often alluded to the profuse perspiration of rickety heads. Often the hair is scanty, and especially at the back, in young children, from friction against the pillow. The irregular and usually late teething should be mentioned in connection with the rickety head.

When any considerable rickety change is present in the head, the chest or the long bones of the body usually show alterations of form at least equally striking, but exceptions may occur. On the other hand, the head may escape altogether. Within a few days the writer has seen a case of very marked deformity of arms and legs, with pigeon-breast, in a child whose head seemed to be unaffected.

Unlike the other type of disease producing wrongly-shaped heads, presently to be mentioned, rickets tends to recovery in the great majority of cases, the traces left behind varying greatly. In many adults only an expert eye can detect them. And if the disease be thoroughly recovered from, the subsequent health of the person may be little affected by the previous condition, unless serious deformity has occurred. Mental ability is not usually impaired.

### Hydrocephalus.

The other kind of wrongly-shaped head is that caused by the disease known as hydrocephalus, or dropsy of the brain. Here the disease begins in the brain itself or its appendages, and the alterations of the shape of the skull are secondary to the pressure from within. The brain contains certain natural cavities called ventricles, and in these, and occasionally in the cavity of a membrane covering the brain called the arachnoid (*i.e.*, like a spider's web), a collection of liquid forms. Just why this occurs is not perfectly clear, but observers believe that a hereditary cause is often responsible. Sometimes the condition exists at birth, and the majority of cases begin within the first six months of life. It has been observed not infrequently to affect more than one member of a family. It is probably in some way dependent upon malnutrition, for it is more often observed among the poor than among the well-to-do.

### Characteristics of the Disease.

When the liquid begins to form it first presses upon the brain from within and so indirectly upon the skull. Usually in infants the bones of the skull easily separate, and, if the accumulation of liquid is considerable, they are pushed apart. The occipital bone goes backward and downward, the parietals go outward and somewhat backward, while the forehead goes forward. The bones become thin but enlarged superficially. The result is a widening of the skull above while the face does not increase, and the whole head begins to assume a shape like that of a balloon or a pear with the large end uppermost. If the fontanelle is still—as is usually the case—unclosed, it will widen still farther if the amount of liquid is great. This often makes the enlargement of the front of the head proportionally greater than that of the back part, and the former may be as wide as the latter. The pressure upon the bones making the socket for the eyes causes the latter to turn downward, so that the white of the eye will show above the iris while it is not seen be-



low it—just the reverse of the usual condition in health.

The actual degree of enlargement may vary greatly. In some favorable instances it is not great, and recovery takes place. In others, on the contrary, the head is enlarged beyond the adult size; some have measured more than thirty inches around, and the amount of dropsical fluid has even exceeded three gallons. Quite recently the writer measured the head of a child of six-and-a-half months and found it larger than that of its mother. In these instances of exaggerated size the patient may be unable to sit up or even to turn over without assistance. It has seemed best not to give an illustration of one of these heads, because they are, except from a scientific standpoint, rather unattractive.

This kind of head is very different from the rickety head in its meaning. If the con-

dition is present at birth, life usually is brief and rarely exceeds two years, and when the disease appears in infancy the patients do not often go much beyond six years. The nutrition of the body is usually poor; sometimes the stature is dwarfish. The intelligence is, as a rule, below the average, while the disposition is irritable and mischievous. But to all of these rules there are marked exceptions. The children are frequently subject to convulsions and other evidences of a disordered nervous system. That the patients do not sooner die is probably due to the gradual progress of the trouble within the brain. If some other, ordinary, disease does not carry off the patient, he usually dies with symptoms of brain disease. Exceptional cases of entire recovery, even after considerable enlargement of the head had occurred, have been reported.



## THE WILL AND THE WAY.

BY W. F.

**T**HERE is system and government in every hive of bees and in every republic of ants. Moles, beavers, and other small colonizing animals carry on their clever operations with marvellously wise order and judgment. The semi-annual flight of the wild-fowl is guided by a sagacious leader; and soaring with the quill a little higher, we observe that the starry constellations revolve in the perfection of harmony round a central, and in that sense superior, planet. Coming down from this flight into star-land, and adjusting our lens towards the enlightened members of the human family, we find among them plenty of little family republics and domestic colonies destitute of any clear principles of government or management of

the young members for whom they were established.

Physical care and restraint are needful to perfect the material life of the body, but how many children grow up with this sort of care only, arriving at maturity in a haphazard way, defiant of parents, and a law to themselves!

The mouth of a little child happens to be endowed with other faculties than cutting teeth or chewing with them; its hands and feet are curiously alive to motions unsuspected by nurse or parent. There is apparently a "magician" inside the little body, who controls and suggests the operation of these faculties, and he has to be recognized as a vital personality. Where there is a

mind there is a *will*, and for the good of all little people it is important that this "will" should be acknowledged with respect and be taught how to exercise its growing strength. This responsibility sometimes never enters the mind of a parent who provides for every bodily need or delight, but never dreams of leading a child, by his own individual will, to do things which are right. Mothers and nurses should begin early to consider this. The little darling at our knee, old enough to understand speech, is also old enough to exercise its will, and what a gentle bit of moulding it requires! But some acid specimens of motherhood are swift to discover this attribute in their children, and by harsh measures endeavor to "break" it like a fungus from the garden shrub. I heard recently of a young mother who whipped her two-year-old baby because "he wouldn't go to sleep" after being put to bed at night. When gently remonstrated with by her hostess—an elder relative—she said: "Well, we haven't any patience—my husband hasn't, and I haven't." Force was her idea of "government." Who would not ejaculate, "Poor baby"?

The four-year-old "mischief" of a farmer's family was one day discovered with a stone making havoc with the long row of sash in his father's hot-beds. The mother, coming from a distance, saw the father approaching from the opposite direction and with rather rapid strides. "Don't you lay hands on my boy, Edward! Don't you put your hands on him! I won't have him touched!" she cried in sharp treble. It was a hard matter to see all that ruin and not "touch" the offender, nevertheless the father turned without a word—ruin was better than controversy to him; while the mother, tossing the stone aside, took her child away with the conclusive words, "He doesn't know any better." Such was *her* idea of government and it was always the same, whether the plants were pulled up by their roots in the garden, half-a-dozen young chickens squeezed to death in the poultry yard, or a milk-pan pulled down from the pantry shelf over the clean floor. "He

doesn't know any better," was the mother's cure for all these ills. Who inculcated truth into the mind of George Washington, and trained his tongue to speak truth?

An upright mother I once knew, whose son of ten years had been guilty of saying something vile, took him away alone and with much ceremony and disgust washed the interior of his mouth with an abundance of soap and water, meanwhile expressing her shame and sorrow for what he had done; nor would she allow a kiss from his lips upon her own until this elaborate work was finished and her boy's shame was awakened also. This symbolic rite was a specimen of her training, and by it a lesson in purity was given which reached on into the years of manhood.

But sometimes our littlest ones puzzle the mothers more than the elder children; we cannot be sure always what are the workings of the little heart, whether it is a naughty spirit guiding the will, or the desire of assertion which is an inherent quality in every human soul; discrimination must be made, as is shown by the following case in point. Baby was in the sewing-room one winter afternoon, busy at play, when auntie was suddenly startled by hearing her say, "I won't, either!"

"What is that you're saying, Baby? I never before heard those words used by auntie's pet!" Baby looked up with an unwonted, defiant expression on her usually gentle features. "I won't, either!" she said out fearlessly. "But you mustn't say that, darling; those are not nice words for Baby to say; say, I'd rather not, or, Please excuse me. It isn't polite to say what you were saying." But Baby, after a moment's waiting, rolling as it were the forbidden phrase under her small tongue and finding it unusually palatable, deliberately looked up and said the words again.

What was to be done? "Auntie" was puzzled, but she only looked at Baby again, saying, "No, no; Baby mustn't say that!" Several minutes passed in silence, then Baby suddenly left her play and ran into the hall out of sight, where she logically thought

herself in a freer atmosphere, and then she began repeating those naughty words, "I won't, either," till she had said them, with a deliberate pause between, as many as ten, perhaps twelve, times; then, there having been no remonstrance on the grieved auntie's part, and thus far no punishment as a result of this small person's vigorous self-will, the pleasure began to pall on her tongue, the sounds died away, something else in the way of amusement entered her head, and she returned to her play. By and by, however, she suddenly stopped, looked up, and said: "Auntie, why don't you speak to me?"

Auntie kept her eyes on her work, only saying quietly: "Auntie hasn't anything to say to naughty little girls." Baby was very still for some time, till, catching at last auntie's casual glance, she said quite shyly, but with a smile now, as of one giving in at last: "Auntie, I'd rather not!"

Oh, what a merry laugh and bit of love-making followed! From that day Baby never was known to say "I won't, either," and this result proved the wisdom of auntie's course. Punishment would have

fixed the error in Baby's memory, but by not pressing the point it was soon forgotten.

But some reader may ask, "What are meant by principles of government in the family? I have four children in mine, three of them boys; if I can keep the peace between them I am satisfied, without analyzing principles." Very good, so far. To obtain "peace" demands government, and don't you act on principle, though many do not? You teach your children unselfishness, else all would demand the same toy; obedience, because you insist on "not so much shouting." You limit their desires, else they would ask your tooth-brush, your diamonds, their father's best hat, the camphor bottle, or the cook's stove-blackening for familiar playthings. But some other childish requests, less unreasonable, do more hurt to the future *bent* of the young athlete of the nursery. The asking for the first place by right, the best of any treat by favor, exercising tyranny over domestics—for these demonstrations of the existence of the nursery magician watchfulness and constant, loving influence are required; for "the child is father to the man."



## THE EMERGENCIES OF CHILDHOOD.

BY ALICE M. FARNHAM, M.D.

THE mother of every well-regulated household should possess a family medicine-chest. It may be in the form of a little corner medicine-closet, that can be procured in any city, or a simple box; but it must have a lock and key. The case should contain:

- A roll of old linen; some lint;
- Some rubber adhesive plaster;
- A small glass syringe;
- A few fine, soft sponges;
- Some whiting;
- Syrup of ipecac;
- Some linseed oil;

A solution of bromide of sodium, four grains to the teaspoonful, labelled with the name and strength of the solution;

A medicine-tumbler.

I have not mentioned in this list many of the drugs often placed in such lists, as it is not well for the mother to give medicine indiscriminately and for every slight ailment.

### Bleeding from the Nose.

"Nose-bleed" may occasionally be so excessive as to be alarming. The cause is usually either an injury or an abrasion of the lin-

ing of the nose. Treatment: The head should be held upright. The mother, if the child be large enough, may introduce the finger into the nostril and make pressure on the bleeding spot. Or a piece of lint or cotton, wet in a solution of alum dissolved in water, may be placed in the nostril. If the bleeding be obstinate, ice may be applied to the forehead or the back of the neck.

#### **Bruises.**

Children are constantly falling and producing those unsightly bruises known as "black-and-blue spots." A bruise usually ruptures small blood-vessels, and the change of color in the part is caused by changes in the coloring of the blood poured out under the skin. In North Germany, when a child strikes on its head, the mother immediately presses the handle of a spoon on the part. This prevents the blood-vessels from pouring out more blood, and helps to scatter that already poured out, thus rendering absorption easier. Hot water or ice acts in a like manner upon the blood-vessels. A very sure remedy is the application, with a camel's-hair brush, of the fluid extract of witch-hazel (extract of hamamelis, not Pond's Extract). If applied immediately it causes the vessels to grow smaller, so that no more blood escapes.

#### **Burns.**

In treating burns and scalds two things are aimed at—first to relieve the pain; second, to keep the injured part from the air. The application of bicarbonate of soda dusted on, or carbolized vaseline or carbolized oil, will do the first. After the smarting has ceased, linseed-oil and lime-water may be applied. An ointment recommended by an English authority is excellent, but has a rather unpleasant odor. Mix whiting and linseed-oil to form a thick paste; add sufficient vinegar to make the consistency of syrup. Apply on lint and bandage the part.

#### **Convulsions.**

A child who has been seized with a convulsion should be undressed and immediate-

ly placed in a bath of hot water, with or without mustard. The water should be as hot as the mother can hold her elbow in. Cold-water cloths should always be placed on the child's head during the bath. Twenty minutes, or even a shorter time, is usually sufficient to relax the muscles and relieve the spasm. The child should then be taken from the bath, dried, and placed in bed. A dose of bromide of sodium, two to four grains to a child of a year old, will help to relieve the convulsion.

#### **Cuts.**

Small cuts should be made quite clean by sponging with warm water. The flow of blood should be stopped by pressure, hot water, or ice. If the bleeding be obstinate, whiting applied dry to the cut will produce clotting of the blood, and so stop the flow. When the wound is perfectly clean, cut small pieces of adhesive plaster about one-fourth of an inch in width; hold the edges of the wound together, and apply the plaster at short intervals across the cut. The common domestic plan of applying one large piece of plaster lengthwise to the wound is good only in very small cuts.

#### **Foreign Bodies in the Ear.**

When a foreign substance has entered the ear of a child, the course to be pursued by the mother depends somewhat on what the offending material may be. In any case, the following simple plan will do no harm. Have the child bend the head toward the injured side, at the same time opening its mouth as widely as possible, while the mother with her finger is pushing back the anterior part of the ear. By this means the size of the external ear is increased and a small body, as a bead, may thus drop out. In the case of a pea, or a bean, or any substance which moisture causes to increase in size, the child should be at once taken to a physician. In other cases the mother may, with a small glass or rubber syringe, gently wash out the ear with warm water. The mother who, with an ear-spoon or any other appliance, attempts to remove a body



from the ear of her child, thereby endangering its hearing.

#### Foreign Bodies in the Eye

Cinders, dust, and other substances may be removed from the eye with a handkerchief. Sometimes inversion of the eyelid will be required. This simple manœuvre can easily be taught the mother by the family physician, or a flaxseed may be slipped under the lid; this, acting the part of an "eyestone," by causing a flow of tears, will often wash out the offending particle.

#### Foreign Bodies in the Nose.

Frequently the aid of a physician will be necessary for the removal of offending bodies that have entered the nose. The following measures may first be tried: The uninjured nostril may be compressed and the child told to forcibly blow its nose. Or, if a sufficiently quiet child has met with this misfortune, a pair of blunt-pointed scissors should be introduced a short distance into the nostril, so that their opening will enlarge the nostril. A safer implement may be made by bending the rounded end of a hair-pin side-wise, so that it will make a sort of scoop, which may be used to pull out the foreign body. In the meantime the finger should make pressure over the foreign substance from the outside.

#### Foreign Bodies Swallowed.

As babies seem possessed with a desire to put stray articles into the mouth, the swallowing of pins, pennies, tacks, etc., is

of frequent occurrence. Sometimes the mother, seeing the disappearing article, may quickly invert the child—stand it on its head, so to speak—at the same time giving a blow on the back, frequently causing the stray substance to fall from the mouth. If too late for this to succeed, the mother need not feel alarmed. She should not give oil or any other cathartics; rather strive to give brown bread, oatmeal, or other food containing much waste material, this furnishing a protection for the substance swallowed; embedded in the stools it may be safely expelled.

#### Insect-Bites.

When a child has been stung by a bee, mosquito, or spider, the wound should be examined, for the sting of the insect will often be found in the part; if so, it should be removed with a pair of tweezers. Ammonia, soda, or turpentine should then be applied. If the pain be excessive, lead-water and laudanum may be necessary.

#### Poisons.

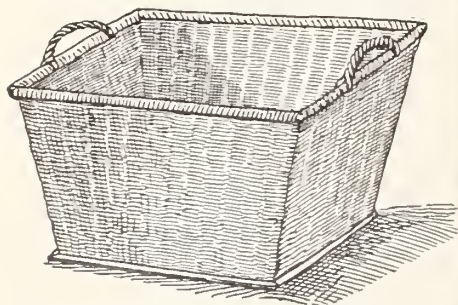
The general treatment of poisoning in children should be to empty the stomach by means of an emetic; syrup of ipecac, warm water, or salt and water may be used. The vegetable poisons may be antidoted by tannic acid dissolved in water and given freely. Of the metallic poisons children are not likely to take others than lead or arsenic, the latter contained in rat poison. Empty the stomach and then give large quantities of milk and raw eggs, lime-water, or flour and water.



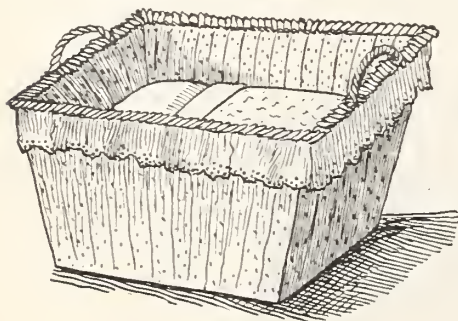
## NURSERY HELPS AND NOVELTIES.

## A Clothes-Basket Crib.

THE nicest kind of crib for a new-born baby is a clothes-basket! Get the largest size of wicker clothes-basket—a square one with small



handles at each end. Have a small hair mattress made to fit the bottom of it, as hair is much more wholesome to sleep on than feathers, but for a sudden emergency any ordinary pillow will answer the purpose. This kind of crib has many advantages. It can be put in a closet when not in use; it can be lifted into another room without disturbing the baby's sleep, if its mother should want to receive guests before she is well enough to leave her room; it is very convenient in moving to the country for the summer, as it can be packed with Baby's clothes, covered with the bath rubber sheet and tied carefully across with a rope; and on arrival—the baby wearied and tired—there need be no waiting till the porter carries up the heavy crib, as any one can carry up the basket; and there is no screwing together, but simply take off the rubber sheet and there baby has its bed



ready, and nurse can attend to other things. In going across the ocean it is invaluable, as, resting on its broad base on the floor, no pitching nor

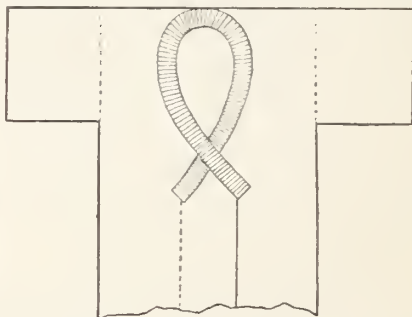
rolling of the ship will be able to upset it. When Baby gets too old to use it, it can retire to its natural home—the laundry—and there be made useful the rest of its days. I make mine not only useful but quite ornamental by covering it inside and out with either blue or pink paper muslin, over which I draw in folds some thin dotted Swiss, sewing it carefully and tightly through the bottom where the coarse stitches will be hidden by the mattress; now from the outside edge of the top I hang a ruffle of cheap cotton lace, covering the stitches made by sewing it on by a row of quilled satin ribbon in color to match the paper muslin, and I have a very pretty and cheap crib. The mattress can be kept till needed again. The drawings show my basket before and after trimming.

New York.

MATERFAMILIAS.

## A Mother's Winter-Night Outfit.

A VERY comfortable and convenient night-wrapper is a Japanese gown, or *yogi*. It should



Width of each back, 15 inches; width of each front, 20 inches; width of sleeve doubled, 20 inches; length of sleeve, 15 inches; length of collar, 63 inches; width of collar, 5 inches.

be made of a soft, clinging material, and lined throughout with the same or a contrasting color, with a half-thickness of wadding between the outside and the lining. Two widths of cloth are sufficient, there being no seam on the shoulders. The fronts are a little wider than the backs, in order to lap over. The neck is slightly shaped, and a strip of the lining, five inches wide, doubled and thickly wadded, makes the collar. The sleeves are a straight piece of cloth of the dimensions given.

The garment can be slipped on in an instant, and is so warm and clinging that with a pair of crocheted slippers, with lamb's-wool soles, it

makes a complete winter-night outfit for a mother who must rise frequently from her bed to attend to the wants of young or ailing children. It is valuable in the sick-room for either nurse or invalid, as it is so easily put on or off, and is so complete a protection from cold for a brief "sitting up." When lying in bed it may be thrown over the covers and the arms put through the large sleeves, allowing that freedom of action which the invalid craves and generally will have in spite of the warning voice of the nurse, "You *must* keep your arms covered," "You will take cold if you throw your arms out of bed," repeated again and again, until both nurse and patient are in despair. The capabilities for comfort concealed in a *yogé* being once thoroughly understood, it will become a necessary article in every mother's wardrobe.

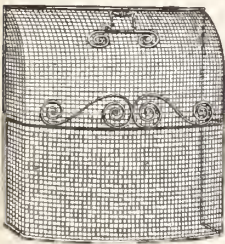
Take two pieces of cloth twenty inches wide and twice the length required from the neck to the ground, generally about three yards. Double these at the shoulder, making no seam. Cut a piece off the back-widths, leaving them each only fifteen inches wide. Beginning at the shoulder, curve out the fronts half-way down, as shown, for the collar. In putting it on, lap one front over the other, and if the material is soft it will cling together without a girdle, but one can be used if preferred.

H. E. H.

*Hempstead, L. I.*

#### Screen for Open Fireplace.

To those who have not seen it, and who desire an absolute protection for an open fire, I would recommend a very pretty and light fender which may be procured of Howard & Morse, 45 Fulton St., New York. It is a fine



copper wire in quarter-inch meshes, and, while light and easily lifted aside, renders a fire on the hearth a safe thing, even with children playing near it, and is really ornamental when no fire is burning. The screens are made to order to fit any fire-

place, and are quite inexpensive. A fire on the hearth is, as some one has said, "the handsomest piece of furniture that can be put into a room," and has, for children as well as grown-ups, a wonderful charm, and its influence is always cheering; yet the fear of the

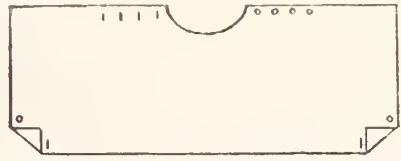
light clothing of the little ones taking fire causes constant anxiety. This pretty fender renders it quite safe for even tiny children to be left alone without fear of harm.

E. S.

*Salisbury, Conn.*

#### A Shoulder-Covering for Invalids.

I WISH you would publish for the benefit of prospective mothers a description of a shoulder-covering which was most useful to me after my baby's birth. The wrap is two yards one way by from five-eighths to three-quarters of a yard the other way. On each end of one long side



the corner is turned back, as a cuff, far enough for it to button comfortably around the wrist. From the middle of the other long side a piece is cut to form the neck, as shown in the illustration. The wrap is then buttoned around the wrists, and is buttoned down the front for about half a yard.

Its advantages for a person lying in bed are these: Its shortness in the back avoids troublesome folds where protection is needless; it amply covers the front of the body and the arms; when a patient's head cannot even be raised enough to draw this down the back, she can be turned on one side, and half the wrap rolled closely and placed against her back; then turn her on the other side, unroll the wrap, and button it.

For winter use a fabric used for toboggan suits is none too warm. It is two yards wide, comes in various pretty designs, and is really just like a bed-blanket, only it is woven by the piece and sold by the yard.

E. T. P.

*Danvers, Mass.*

#### A Night Foot-Cushion.

A PRETTY and new device for a gift at the time of Baby's arrival is a night foot-cushion. It is to be made of plush, sateen, velveteen, or cretonne, as fancy may dictate. The one I have in mind was of old red plush, upon which a bunch of black-eyed Susans (the yellow daisies—so called—with brown centres) were embroidered. In size it was fourteen by ten inches, and was decorated at one corner with a large bow of yellow satin ribbon, with an extra



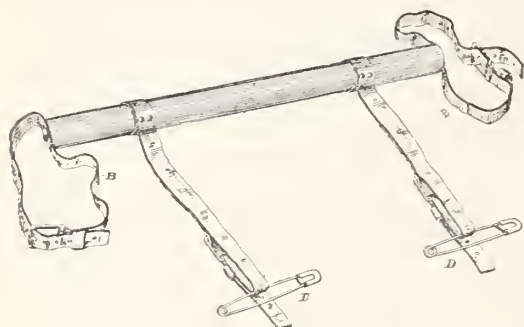
loop by which to hang the cushion from the foot of the bed if desired. The cushion is intended for the mother to use when she rises at night with Baby, to keep the draughts from her feet, that are only too apt, in her haste, to be slipperless.

JOSEPHINE KISSAM.

*Brooklyn.*

#### A Lady's Patent for Keeping the Baby Covered at Night.

AT BABYHOOD'S request I send a cut of my patented cover-holder. The invention is so very simple that surely every mother who values the health and life of her child will buy a holder. I have used one on my own child's cradle



and crib-bed for more than a year with perfect success. The child can turn any way, but cannot displace the cover. It can be attached to a cradle or detached in a moment, without the use of any instrument.

It will be put upon the market at quite a low price, so it will be within reach of every one. The rod is placed at the head of the crib, cross-wise under the pillow, or at the end of the mattress, and fastened in position by buckling each end (B) to the side of the crib; the two straps with clasp-pins are then drawn down to the edge of the covering, one on each side of the pillow, and pinned at D.

MAUDE C. MURRAY.

*Bardstown, Ky.*

#### A Home-Made Nursery Rug.

I HAVE lately taken advantage of the modern craze for the old-time rag carpet to supply my babies with a good-sized, substantial play-rug, and at the same time have utilized a huge bag of "left-overs" and "worn-outs," the accumulation of several years. The rug when finished is two-and-one-half yards square. The rags may be prepared as follows: Sort out the white and very light colors, and separate these into

three different lots; dye one lot a bright yellow, another blue; mix what remains of the blue and yellow dyes, and into this dip the third lot of rags; the resulting color will, of course, be green. Scarlet also is a desirable color. This may be supplied by dyeing light-colored rags, unless, as in my own case, there chances to be a roll of cast-off scarlet underclothing. It may seem at first that these colors would be crude and glaring, and so they would if woven in stripes, as our grandmothers made them in the olden time. But our scarlet, and gold, and purple, and green are to be cut in strips about two-thirds of an inch in width and six or eight inches in length; then the remaining colors, the

blacks, browns, dull grays, and blues, that are to be found in every old clothes-bag, are to be cut into strips three-quarters of an inch in width and six or eight inches in length. The duller colors should predominate, since they serve to tone down and harmonize the otherwise discordant colors. Mix all thoroughly and sew together, taking care that there are no uneven joints. The sewing may be done on the sewing-machine, and after a little practice it will be found more rapid and quite as satisfactory as hand-sewing. Wind the rags into balls of convenient

size, allowing a pound-and-a-half, when sewn and wound, to the yard. The rags are then ready to take to the weaver. Colored warp is to be preferred to white. I used two colors of warp in my rug, brown and orange alternating.

In selecting rags for the material of the rug, either cotton or woollen, or both, may be used. The cotton rags weave more smoothly than the wool, and are equally durable, though the woollen rags are much warmer—a fact worth considering, since this is to be Baby's rug, either for use in the nursery or to spread in his own corner of the sitting-room. A very pleasing effect is produced by the weaving in at intervals of tinsel or silver cord. A ball of tinsel will give a festive appearance to the whole rug. The rug will come from the weaver's in two breadths, which must be sewn carefully together and pressed with a hot flat-iron. It is then complete and ready for my lord or my lady, or perhaps for both. Baby may amuse himself with the bright colors and roll upon it without danger of taking cold, and little sister set up her doll household or set the table for tea on the same serviceable rug.

OLGA OTJEN.

*Cass City, Mich.*



**Wire-Fender.**

THE prevalence of such accidents as related in *BABYHOOD* some time ago must convince any one that an open wood fire is dangerous, unless the children of the family are remarkably well trained. In my own nursery is an open fire-place, where "the blaze of two sticks" makes the room warm and cheery whenever there is a suspicion of chill in the atmosphere. At first I had an ordinary low brass fender, instructing the children very particularly not to venture too near. One evening I undressed Baby, and, after warming his little toes, took him into the chamber leading out of the nursery to "put him in his little bed." On returning I found his little white dress a mass of cinders on the floor, having ignited from a coal which had snapped *over* the low fender. The woollen rug was still smouldering. I thought, "It might have been Baby himself"; and I sat down and studied the case over very carefully. I saw it would not be safe to leave Baby alone a moment, and that also he could easily *move* the fender. I made careful measurements, and had a fender made of closely-woven wire. This fender is four feet high, and one-and-a-half feet deep. It is wide enough to cover the fireplace and the tile border extending to the woodwork on each side. It has a brass capping, and has iron rods at intervals inside to give support to the wire. A little ring of brass is placed at the top and bottom of the fender on each side, and a small hook fastened into the woodwork at these points secures the fender so that it is absolutely immovable by the children, but easily detached by the house-maid when fires are to be laid. The fire can be replenished over the top of the fender.

*Newtonville, Mass.*

C. R. M.

**A Measuring Pole.**

AMONG the countless devices for the children already mentioned in *BABYHOOD* I do not remember noticing any reference to a "measuring pole." I have found mine so interesting that I hope that every reader will immediately have one made, or at least make use of the idea on the nursery wood-work. Have the carpenter select a piece of clear pine six feet long, one inch thick, and two or three inches wide; add a screw-eye to hang it out of the way of any curious knife, and measure and mark it off into feet, with short, clear lines on one side—the right is preferable—leaving the face free for pencil-notes.

Your professional nurse can give you all necessary details from her book of reference, and you can measure off Baby's height at birth, adding the weight, or any other details which, in your judgment, may interest him when he is able to appreciate mother's thoughtful care. As soon as Baby is strong enough to stand up to be measured you can assign one particular corner of the play-room or nursery where the pole can hang, and where the quarterly or semi-annual observations may take place.

It is well to measure always in the stocking-foot, because the first records were made in that fashion, and also remember to add the increased weight, not, however, secured after a hearty dinner. As the years roll away these individual poles record a valuable table of information, not only to the home circle, but to the family physician and the patient, untiring scientist.

*Plainfield, N. J.*

I. R. O.

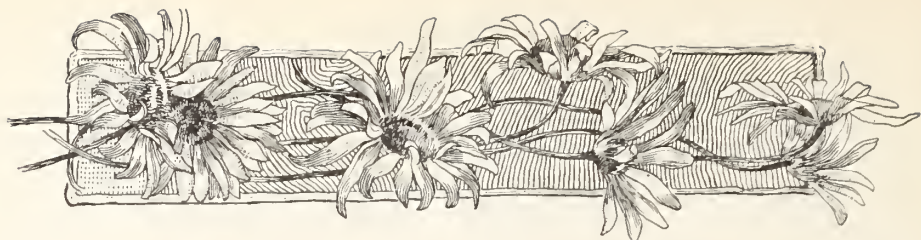
**A Bed-Clothing Fastener.**

How we may best keep our babies warm and comfortable these cold wintry nights is a subject upon which anxious mothers feel an especial interest. For when we consider that so many of the colds from which children suffer are taken when the restless little bodies become uncovered at night, we realize the importance of some satisfactory method of protecting them. I have seen most of the suggestions in *BABYHOOD* tried with more or less success, but there is nothing which has proved equal to the "Bed-Guardian," which is a patented article that several of my friends have used for their children's cribs, and they have been quite as enthusiastic as I was over the result. As for the children, they were delighted with the new arrangement; while in the case of the closed flannel nightgowns advised by *BABYHOOD* correspondents, the children have always strongly objected to being buttoned or "tied up in a bag."

I purchased my "Bed-Guardian" about a year ago of Mr. George Campbell, agent, of Pittsfield, Mass., for one dollar. It consists simply of flat, narrow sticks, rubber bands, and strong cords. The bed-clothes can be drawn as tightly as desired across the bed, and, while they come snugly about the neck of the sleeper, they do not restrict motion anywhere, but give freedom to the limbs without the possibility of their becoming uncovered.

H. E. W.

*Portland, Me.*



## BABIES AND PAPAS.

ADAPTED FROM THE FRENCH OF GUSTAVE DROZ.

**B**ETWEEN his third and fourth birthdays Baby is metamorphosed and his sex is indisputably manifested; he slaughters his paste-board horses, investigates the interior of his drums, blows his trumpet with dreadful energy, despatches such furniture as is in delicate health, and wages undying war on the china. He is a man. For many days he will delight us with these eccentricities.

His fond mother declares smilingly that dear Baby needs exercise and that his destructive ability is the certain sign of perfect health; but it is noteworthy that several friends of the family—doubtlessly because they are somewhat irritable and morose—come less frequently or choose an hour at which the little fellow recruits in sleep his wasted energies. And it is really impossible to condemn unqualifiedly these circumspect friends, for truly dear Baby is very often a trial. Even his father, who is sweet-temper personified, acknowledges the fact occasionally. Nevertheless, when he makes this acknowledgment his expression is not in keeping with his words, and it tells us plainly his inmost conviction. Though he scolds, rages, and threatens, it is plain that his son's crimes are a source of profound joy to him. At the sound of broken dishes his love increases: it becomes a new love which the past has not foretold. He is proud of these masculine audacities, that seem to him the signs of a determined character. If Baby slaughters his horses he will be courageous. If he blows desperately into tin tubes he has an irresistible vocation for the profession of Mars. And why, I would ask you, does he break panes of glass and tear the bell-ropes, if not to show that he will later be a man of action? And to a thoughtful observer a phase of intrepidity is manifested in his way of pulling the dog's tail, in his stopping the clock, using the curtain-cords as swings, and opening without formal announcement the faucets of the bath-tub.

"Ah! I warrant you that rascal is not a girl; he is a chip of the old block; family tells. We cannot help it; it is our nature," murmurs the happy father.

And mamma smiles at these speeches.

So the child becomes a mirror in which the father loves to view himself feature by feature. His life is twofold; his importance grows; he is born again; in the future of this wonderful little creature he reconstructs his own life; he is resuscitated; he lives a second time. "What an influence I will have on this child, who is a second I!" he says. "How I will guard him from those troubles that have menaced me, remove from his path the stumbling-blocks that have hindered me, help him with my advice and my experience! I will make him happy; he will owe his success to me; he will be great and beloved; and I, too, will be crowned with his future laurels."

Dreams, human weakness!

Yes, certainly; but the feeling that inspires this weakness is still devotion. We expect a pure stream to carry some particles of lime.

Deep feelings have numberless roots that surround the heart, penetrate it, are nourished by it, and that absorb vices and virtues at the same time. If paternal love has all human failings, it has, too, all human greatness, and we must condemn with kindness these poor papas. Their vanity is indisputably a perpetually vibrating cord, and if you would please one of them, any one of them, say without hesitation:

"How like he is to you! The resemblance is striking!"

For the pleasure of hearing it again he will answer:

"Perhaps—you see it?—Still—yes, his profile—" And when you have left he will say:

"That man is eagle-eyed. What an observer! Nothing escapes him."

His son's resemblance to him is so sweet that he will still feel a hidden and individual satisfaction even when this resemblance is manifested by a trifling physical defect, as myopia, a nose somewhat too large, or some like irregularity.

In proportion as papa is pleased by this involuntary resemblance he is pleased by that other resemblance desired and acquired, which

Baby daily strives to render more striking. Little does the value of the paternal ideas, tastes, and habits matter to him; he accepts all unsifted, unexamined, and assimilates them as if driven by an inexorable instinct. He growls to copy "little papa's" voice, imitates his gestures, copies him with painful accuracy. He protects his mamma when he goes out with her; would like to be covered with pockets "for his cigars." He says with spirit: "When I am big I will have a moustache, and then a cane, and then a hat that shuts up, and I won't be afraid at night, and I shall say 'By Jove!' like papa." Watch him at meals, when he fixes his pretty, wise, watchful eyes on that naughty papa who says "By Jove." See how, with open mouth, and spoon in hand, he studies his dear model, rapt in mingled admiration and amazement sincere and touching.

This devotion of a child to his father recalls to me a delightful speech of one of my little friends. While walking we met a broad-shouldered, bearded policeman:

"Ain't the policemen the strongest men in the world?"

"Yes, my dear, they are very strong."

He thought a minute, and then said with great earnestness: "Yes, but they are not so strong as papa."

If I had expressed the least doubt of his father's strength—he is, by the way, a very delicate man—our friendship would have been broken past mending.

The conclusion follows that you are an ideal for your child, a marvellous goal, the type of all that is great and strong, beautiful and wise.

Truth, I know, would demand his enlightenment, would correct his errors, lead his judgment aright; but how can you tell him: "See me as I am; observe my faults and avoid them?" On the whole, it would, perhaps, be easier to correct these same faults, to take as a model the perfect man that the little poet's heart has created, and to be so that, having dreamt you perfect, he shall not be deceived.

We have certainly, an incalculable influence on our children, and it is, we must acknowledge it, all the greater because we usually exercise it unconsciously and involuntarily.

Your life is the threshold of his. It is with your eyes that he sees at first.

Young father, use these first moments of confidence; enter his little heart while it is yet open to you; lodge yourself firmly therein.

Is it not the great object of life to be loved by those we love? Perhaps it is the only one which is worthy of constant efforts. To gain

your child's love is to gather treasures of happiness for the winter. Each year narrows your life, diminishes the circle of your interests and pleasures; your mind gradually loses its vigor and needs rest, and in proportion as your life is less of the mind it will be more of the heart, so that the love of others, which was only an agreeable dainty, becomes an essential.

But filial love is of slow growth and must be fostered. The voice of blood is a voice heard oftener in fiction than in fact. A child's love is won, is earned; it is a result, not a cause, and gratitude is the seed. Hence the first step is to make the little man grateful. And do not count on his thanks for your anxieties, for the future that you dream for him, or the great fortune that you are amassing for him. Gratitude for these acts demands of his little brain reflections that it cannot make and social notions that are yet more foreign to it.

His gratitude will be at first only a selfish calculation, natural and simple; if you make him laugh, if you amuse him, he will wish to be with you, and will stretch out his little arms and cry, "Again." And slowly gratitude will be born in him as thanks rise to the lips of those who are made glad.

So, fond father, if you have the least aptitude, learn the delightful art of amusing your child. Your heart will gain its sweetest emotions in the practice, and your mind will exercise its utmost diplomacy and penetration. There is nothing more healthful, more philosophical, and more touching than the society of babies.

If the doors are closed do not, for fear of failure, hesitate to crow. Answer gently the thousand more or less unanswerable questions that the baby asks, the echoes of his endless dreams. And even if he commands you to play "peek-a-boo," and carries his irreverence so far as to pull your beard when he offers you his little red lips, warm with kisses, what is the harm?

Good King Henry IV. showed no inability for far-sighted policy when he was his babies' horse. On the other hand, do not fear that these practices will undermine your paternal authority. On the contrary, they will guarantee that great and lasting influence which is born of mutual love. Reverence unites easily with love, friendship and smiles are not an abdication, and obedience is possible even without fear.

Must the dear little man fear you if he is afraid to grieve you?

My secret is, play his comrade just enough to be entitled to be his friend. Hide your paternal authority as a chief of police hides his

badge. These insignia are only shown on days of rebellion. Ask what you could command, that his inferiority be sweet, and that in his obedience there be much love. Know that children have an accuracy of judgment, a delicacy of feeling, that are not attributed to them except by those who have studied them; know that the principle of equity is at work in them, and that some of those harsh and unjust words which we speak, at times unconsciously, are those which remain ineffaceably graven on their hearts, and which they remember all their lives.

Remember that your child is the man whose love can warm your old age; consider him that he may consider you. Rest assured that every grain of seed sown in his baby heart will, early or late, bear fruit.

"Some are rebellious and defiant from the cradle," you say. It is perhaps true; but are you sure that the first word heard by these unhappy creatures was not the cause of their dis-

positions? How often rebellion is but the result of unwise government!

Amongst bad qualities there is often a good one, weak and hidden, it is true, but which may be made an efficient ally in fighting its baser brethren. I know that for this care, love, and tact are necessary; but the reward is so sweet! And, besides, are you not a father? Can you see your child and remain unmoved, unloving? Dirty, ragged, or clothed in "purple"; playing in the sun, in the road, and rolling in the dust, or jumping the rope in the park; dabbling in the midst of plucked ducklings that say "quack, quack," or digging in the sand by the chairs of their daintily-dressed mothers—babies are gods. In these and those, in every rank, the same grace, the same awkwardness, the same funny solemnity, the same candor, the same artlessness, in a word, the same charm—undefinable and irresistible, the same throughout all nature, from the bud that unfolds, from the young day that dawns, to the child that enters life. G. W.

## DREAMS AND REALIZATION.

BY A. F.

Two little laddies hard at play,  
Small artists in a baby way.  
Untroubled still by "harmony,"  
The one his strain blows merrily;  
While neither compass, rule, nor plane  
Molests the little builder's brain.

In each his fond mamma can see  
The master he is sure to be.  
A Bach at least, or Mendelssohn,  
With strains of sweetest sound, the one  
Will hold the many by his spell.  
While of the other's fame will tell  
Full many a lofty marble pile  
In new, surpassing grace of style.

Ah, baby boys! it may be true  
That fame and fortune wait for you;  
Ye, fond mammas, may live to see  
Your dreams become reality;  
Yet who will venture to assert  
That memory will not oft revert,  
With fond regret, to days of frocks,  
Of penny horn, and building-blocks?





## A CHINESE METHOD OF BABY-FEEDING.

BY THOMAS STEVENS.

Is there *nothing* new under the sun, I wonder—nothing at all? Such, indeed, would almost seem to be the case. Frequently, while traversing the by-ways of various Eastern countries I would happen to discover some eye-opening proof that the substance of many a “modern invention” of our Western civilization has existed from time immemorial in some obscure Asiatic village. I would compare the discovery with its Western prototype, more finished and improved upon by our superior mechanical skill, and wonder whether we are, after all, real inventors, or only pirates filching our ideas from the Orientals.

These remarks are inspired by a letter that came to me a few days ago relative to that little sketch of mine in the November number of *BABYHOOD* entitled “Babies of the Antipodes as seen from a Bicycle.” Now, when I discovered those twenty infantile Celestials, tethered like calves to bamboo-stakes on the greensward, away up in the foothills of the Mae-Ling Mountains, I felt sure that I had stumbled upon something hitherto unheard of. But now comes to me this letter, emanating, too, from the pen of a lady well known in the literary world.

“Hearing of your article in *BABYHOOD* on the Chinese babies picketed out, I thought you might be interested to know that the same thing prevails in our own country,” etc., etc.

Thus runs the letter; and accompanying it is undeniable versified proof that the writer had seen a baby picketed out on a Kansas ranch five years ago. And thus do I find that in discovering picketed babies, like Columbus discovering America, I am only the second, and perchance even only the third or fourth, discoverer.

Whilst yielding as gallantly as may be the honor of original discovery to a fair rival, I beg leave at the same time to submit another interesting item from my diary which may or may not have been heard of before. In submitting it I feel sure that it will prove a revelation to ninety-nine *BABYHOOD* readers out of every hundred. Nevertheless there comes a vague dread lest the hundredth one will prove herself a lineal descendant of those cruel dames of ancient Rome who used to always turn down their jewelled thumbs at the Coliseum fights, by produc-

ing proof that will again dash my idol of discovery in babyland to the ground.

Like the tethered babies of the Mae-Ling foothills, this also was in China. It was near the head-waters of the Pe-Kiang River. I was trundling my bicycle along the Nam-hung merchandise trail, a narrow stone causeway thronged with a motley crowd of Chinese. The rough character of the stones made it impossible to ride, so that my progress was no faster than that of the average Chinese pedestrian.

For some distance one morning my pace kept me just behind a group of village matrons trudging toward the city in holiday attire, evidently bent on a day's marketing. Most of them had infants slung at their backs, in position so that the baby's face rested above the right shoulder.

My attention was first arrested by the frequency with which the mothers turned their faces round, apparently to kiss their babies. Sometimes four or five of the mothers' faces would be turned round over the right shoulder at the same time, meeting the lips of their queer little offspring in what looked to me like a lingering kiss.

I grew interested, and, increasing my pace, drew nearer to watch the operation. Yes, sure enough, there it was, just what it appeared to be when I was fifty or more yards behind—I was now not more than twenty. At intervals of a few moments each mother would turn her head; the infant would put out its lips; the lips of the mother would pucker to kissable dimensions in response. Infantile and maternal lips would then be glued together for a few brief seconds.

And yet—was it kissing? If so, there was none of the osculatory music that accompanies the operation among “barbarian” mothers and their babies.

By and by the party stopped to rest and refresh themselves at a little wayside tea-house. I stopped too. I was no longer behind their backs, and so the mysterious operation was explained at once.

The mothers were feeding, in this pretty, bird-like way, their babies, not kissing them. For several minutes I sat before the tea-house and watched them. Chewing to the proper consistency a morsel of food, chiefly sweet rice-

cakes, the mother would, in the manner described, transfer it to the mouth of the expectant babe.

After observing this peculiar custom one wonders whether the Chinese mothers of the Pe-

Kiang valley learned the operation from the robins or whether robin red-breast learned it first from them. If asked about it, the Chinese sages would no doubt claim that it was the latter.

## THE KINDERGARTEN AT HOME.—XV.

BY GRACE C. KEMPTON.

### THE SIXTH GIFT.

WE come now to the last of the solid gifts. It consists of a three-inch cube divided into thirty-six pieces. Eighteen of these pieces are "bricks" (Fig. 1) like those of the Fourth



FIG. 1.

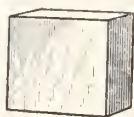


FIG. 2.

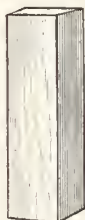


FIG. 3.

Gift, twelve are made by dividing six of the bricks through their width (Fig. 2), and the remaining six are made by dividing three bricks through their length (Fig. 3).

As a whole the children find it much the same as the Fifth Gift, but that the "cracks" visible are of different length and directions. Each

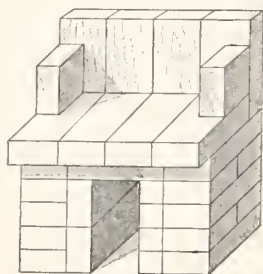


FIG. 4.

new cube must be met in the old and familiar way; have each of its six faces, eight angles, and twelve edges noticed and their equality observed, thus deepening the impression of a cube.

When we have sufficiently observed it as a whole we notice its parts—bricks, squares, and pillars; the child learns to name them. Here

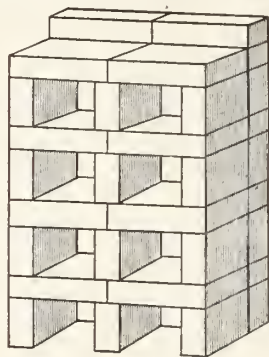


FIG. 5.

we have a variety of faces and edges to become acquainted with, and opportunity to deepen the

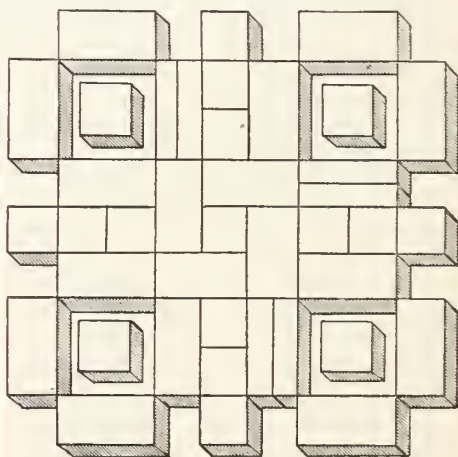


FIG. 6.

impression made before, with the Third and Fourth Gifts, of equal quantities put in different forms.

The child finds that there must be the same amount of wood in a pillar as in a square, al-

playful spirit and draw upon the child's intelligence and sympathy in connection with each object made, thus developing the child more than the building alone would. Appeal to the imagination often and wisely, directing it always toward the discovery of the Good, the True, and the Beautiful. The use of little rhymes is advocated, as it is in harmony with the playful, rhythmic inclination of the child. The mother or kindergartner often composes these at the moment she wishes. Children are invariably pleased and surprised by them.

Always observe the directions given previously for opening the box and disclosing the cube as a whole in a uniform manner. In free-building encourage the children not to ruthlessly destroy the building made, but to change it into a new form by replacing some of the blocks. Require that all the pieces shall be used in each completed form, and that each shall be neatly and accu-

rately built.

In teaching a child to build from direction

though they look so differently, for each is one-half of a brick. He meets nothing but right angles, and thus learns that all the blocks may be called rectangular, while the variety in the sizes of their faces is not easily exhausted.

That he may become thoroughly acquainted with all the pieces and their relation to each other, let him place them upon the table in every possible position.

We may divide this cube into halves, into thirds, and into sixths, and from these advance as far into the intricacies of fractions as the capacity of our pupil makes advisable.

In building the forms of life we have new advantages, caused by the new numbers, forms, and sizes of the blocks. The adaptability in building furniture is very pleasing to the children. Fig. 4 shows a good writing-desk which may be built; Fig. 5, a bookcase. Great height in the buildings may be attained, making it possible for the children to build towers and chimneys, which, to the advanced pupils ready for this gift, may lead to much interesting knowledge. Keep a

with the Sixth Gift we must proceed very slowly, as the intricate divisions give many possibilities, and to proceed rapidly into the varied di-

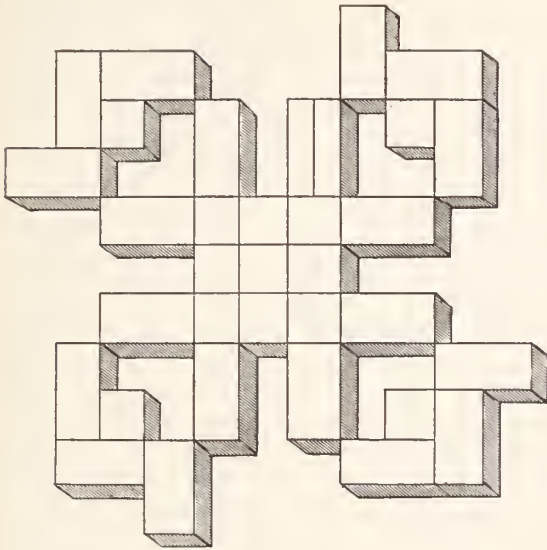


FIG. 7.

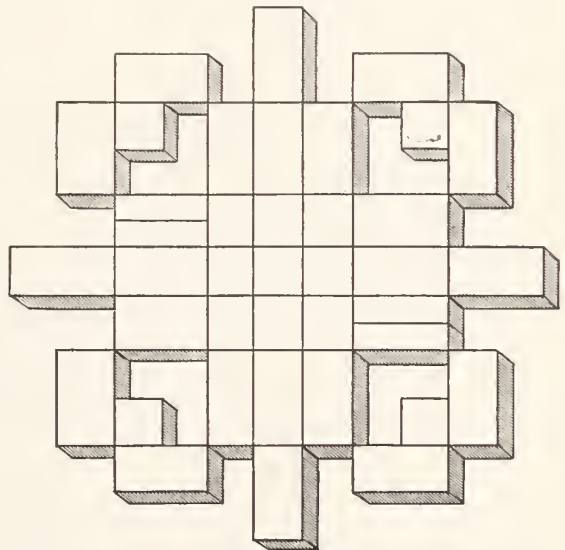


FIG. 8.

rections would be too complicated for young brains. A thorough comprehension of the dif-

A "pillar" may be placed upon a square face or upon a long, narrow face. The square blocks may be placed upon a square face or upon a long, narrow face, while the "bricks" may be placed upon a long, wide face, a long, narrow face, or a short, narrow face, as we learned with the Fourth Gift.

Interesting exercises with the Sixth Gift in forms of knowledge may be made as follows: How many oblongs can you make from all the blocks of this gift? How many squares? How many squares of different sizes? etc.

The forms of beauty are developed as before by placing the blocks in a simple symmetrical figure, then changing it a little through a series of figures back to the first form.

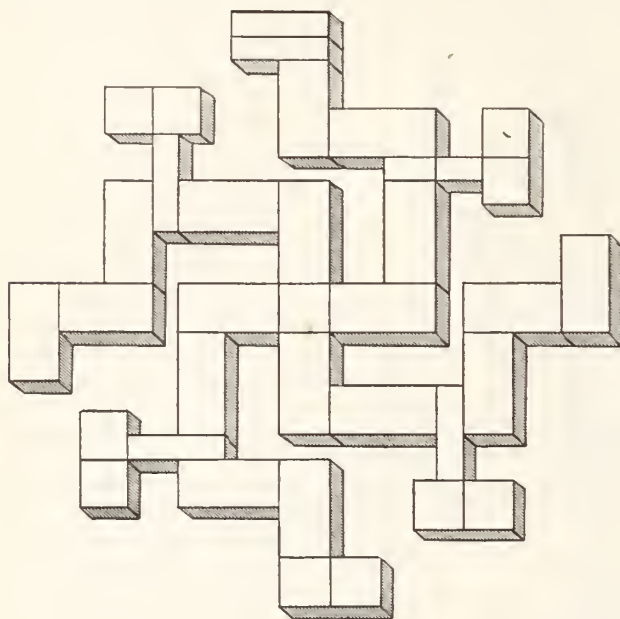


FIG. 9.

ferent faces of each block is necessary as the first step toward the building by direction.

Figs. 6, 7, 8, 9\* give designs from which such series may be made.

## NURSERY PROBLEMS.

### Turning-In of the Toes.

*To the Editor of BABYHOOD:*

What can be done for a twenty-months baby who shows a decided tendency to walking with toes turned in? She has not inherited the tendency, and I have tried to be careful to have her shoes large enough, though she grows so rapidly that her toe generally finds the end before the new ones are gotten.

Connecticut.

H. S.

Examine carefully (best when Baby is naked) to see if the turning-in is at the ankle—or, more exactly, at the joint between the instep and ankle—or whether the whole limb rolls in from the hip. If the trouble is in the foot, perhaps some support is necessary, but that will depend upon the degree of the twist. If the trouble is at the hip it may be only the natural tendency to walk with the toes forward rather than outward. Rubbing and kneading of the flesh about the hip that makes the prominences of the buttocks may develop the muscles there and thus give greater power to turn out the toes. Such

cases have a multitude of varieties and degrees, and the need of artificial support cannot be definitely determined from a short description.

### Late Teething—How to Wean.

*To the Editor of BABYHOOD:*

"Our boy" is ten months old. He has scarcely had a sick moment since he was born, and is a perfect specimen of good health. He is the fortunate possessor of a mother with a good breast of milk, and nothing but this, in the way of food, has ever passed his lips. He has no teeth as yet, though he frets at times from his gums, we think, which appear swollen, and he has not slept so well at night during the past two weeks or so. The question of weaning him now arises. Notwithstanding the favorable season of the year, and the additional advantage of his good health and condition, his mother is opposed to it. The milk seems to nourish him as splendidly as ever, and there is plenty of it; and the mother keeps well, though easily fatigued. But she wants to keep him at the breast till

\* Centre of Figs. 6, 7, 8, double pillar.  
" " 9, double square.



after teething. Would you advise this? If you recommend weaning at once, how shall we begin and what shall we feed him?  
DADDY.  
St. Louis.

He is very late in beginning teething. Even if the mother were to nurse him until he begins—an unknown date—she could not possibly nurse him through teething. He ought to be weaned by the time he is a year old, unless there is some reason, not given us, to the contrary. The best way to wean is simply to wean—i.e., to begin feeding. If it is uncomfortable to the mother to stop at once, he should be fed and nursed at first in alternation. If you can get really good milk, mix the top milk and barley-water, half and half; give warm from bottle or cup. If the child is constipated give oatmeal-water instead of barley-water. If good milk is not available, or if the mixture, after fair trial, does not agree, it may be peptonized; but, better still, ask your family physician what food will best suit his needs. His late teething throws a doubt upon his being a “perfect specimen of good health.”

#### Cause of Hot Cheeks.

To the Editor of BABYHOOD:

What is the cause of children having such red-hot cheeks, and being at the same time so very white around the nose and mouth?  
F. M. S.  
Iona, Minn.

The causes are various. Among them is fatigue, especially fatigue joined with excitement, as after too hard playing; another cause is indigestion, especially if there is slight feverishness with the hot cheek. The acute poison should not be forgotten, if you have it in your neighborhood.

#### Growth of Infants.

To the Editor of BABYHOOD:

My first boy was born about three months ago, and I have been very much interested in keeping a record of his weight each week and also some statistics as to his gain in length and chest-measurement. I have not been able to get at any similar statistics regarding infants during the first six months of their existence. If you can refer me to any publication that gives the weight and dimensions of infants, it will very much oblige.  
N.  
Providence, R. I.

You will find a very good article on “Growth” in Wood’s “Reference Hand-book of the Medical Sciences,” Vol. III. If you are unable to refer to it, the following tables, borrowed from the article, will probably assist you. In the first table no consideration of sex, nutrition, race, etc., was had, all kinds of children being put together. The weights are the averages of a number of children, varying in different weeks from 14 to 36. An avoirdupois pound

is approximately equal to 453 grammes. The latter weight is used in weighing for greater accuracy.

WEEKS.	GRAMMES.	LBS.	WEEKS.	GRAMMES.	LBS.
1st .....	3,228	7 $\frac{1}{4}$	28th .....	7,187	15 $\frac{3}{4}$
3d .....	3,412	7 $\frac{3}{8}$	31st .....	7,524	16 $\frac{1}{2}$
4th .....	3,532	7 $\frac{3}{4}$	34th .....	7,842	17 $\frac{1}{4}$
7th .....	4,103	9	37th .....	8,126	18 $\frac{1}{4}$
10th .....	4,600	10 $\frac{1}{4}$	40th .....	8,344	18 $\frac{1}{2}$
13th .....	5,022	11	43d .....	8,533	18 $\frac{3}{4}$
16th .....	5,529	12 $\frac{1}{4}$	46th .....	8,760	19 $\frac{1}{4}$
19th .....	5,864	13	49th .....	8,995	19 $\frac{3}{4}$
22d .....	6,497	14 $\frac{1}{4}$	50th .....	9,102	20
25th .....	6,925	15 $\frac{1}{4}$	51st .....	9,198	20 $\frac{1}{4}$

Below is the result obtained by one observer, who followed carefully eighty children at Berne. The weight at birth is assumed to be 3,300 grammes. Several similar tables quoted in above-mentioned article give results nearly the same. The figures show the daily increase in weight during the months of the first year. It will be noticed that the gain during the first quarter is about four times as great as during the last quarter. But very wide differences exist between individuals, and in nearly all the growth is fitful rather than uniform.

Months.....	1	2	3	4	5	6	7	8	9	10	11	12
Grammes.....	30	29	29	24	20	18	14	11	11	9	8	7

#### Dandruff—Gain in Weight per Week—Teething—Whooping-Cough—Putting into Short Clothes.

To the Editor of BABYHOOD:

Will you kindly answer the following questions?

(1) My baby is troubled with dandruff. About twice a week I rub on vaseline at night, and in the morning wash it off with warm water and soap, but it soon forms again. Can you suggest any better treatment?

(2) How much ought a baby of eight months to gain every week? My boy has usually gained about half-a-pound, but has not done as well lately. I think he is cutting his first teeth. Could that be the cause, or is perhaps the breast-milk not nourishing enough?

(3) Has any article on “Teething and its Disorders” ever been published in BABYHOOD? I feel that one would be especially acceptable to young mothers.

(4) My baby coughs a little in the morning and occasionally through the day. He has no appearance otherwise of a cold. Sometimes I think wind is the cause, and at other times I cannot account for it. He seems perfectly well in other respects. Can BABYHOOD ease my mind?

(5) What precautions should be taken, in a furnace-heated house, when putting a baby into short clothes?  
C. P. H.

Waltham, Mass.

(1) There is probably no better treatment adapted to domestic use, but the frequency of the vaseline application may be increased if necessary.

(2) If you will refer to the tables in the answer to another query in this number, you

will see that in the second table the average daily gain was eleven grammes, or seventy-seven grammes—about  $2\frac{3}{4}$  ounces avoirdupois—per week. Children at eight months rarely gain half a pound a week, and, we believe, usually not a quarter of a pound. The gain is immense at first, but quickly slows down. It is quite possible that the breast-milk is not sufficient, but the diminished gain alone will not prove it.

(3) Yes, one in the fourth number of Volume I. (March, 1885), besides various shorter discussions of the matter. In the last number appeared another.

(4) The kind of cough described suggests irritation of the tonsils and the soft palate. Examine the mouth and see if the parts look unduly red.

(5) If you can keep the baby happy playing in a high-sided crib, or in one of the several "cages" described in back numbers of *BABYHOOD*, he will probably be protected from draughts. The creeping-trousers described in other numbers will be a protection, if he must sit on the floor.

#### **Umbilical Growth.**

*To the Editor of BABYHOOD:*

I have a little nephew fifteen months old who has a navel rupture admitted to have been caused at the time of his birth. A small portion of what appears like proud-flesh protrudes slightly, and occasionally bleeds a little. It constantly exudes a watery matter, and must be kept covered with soft linen, which becomes thoroughly stained each day. The child seems to suffer no inconvenience from the rupture, running and jumping with unusual strength for his age; we are not positive that it is even tender under pressure. It is, however, troublesome to dress and care for, and there is also a fear that it may increase or some time be subject to a hemorrhage. A local

physician has ordered applications of lunar caustic; burnt alum and sugar, and other astringent remedies, have also been applied, with no effect. What is your advice as to treatment? A. E. W.  
*Boston, Mass.*

The ailment is probably not a rupture, but the description corresponds to a kind of fungous growth sometimes observed at the navel. If astringents fail, as they seem to have done in this case, the application of the actual cautery (hot iron), which is not very painful, although appalling to the imagination, generally effects a cure. The treatment should be carried out by a competent surgeon, who could give an anæsthetic if desirable.

#### **Catarrh.**

*To the Editor of BABYHOOD:*

My baby, now thirteen months old, has the catarrh quite badly. Our physician has given me an iodine vaporizer, and I am having Baby inhale the vapor three times a day.

(1) Do you believe there is any reasonable hope of the child's being perfectly cured?

(2) Is the treatment that I am using good and sufficient? If not the former, what ought to be substituted? If not the latter, what ought to be added?  
*Ocean Grove, N. J.* MAY T.

(1) There is reasonable hope of curing catarrh if examination of the parts reveals the seat of the mischief. Local treatment of any kind in an infant or young child is exceedingly difficult.

(2) So far as can be judged without knowledge of the exact condition of the nasal passages, the treatment seems good. Whether it is sufficient can be told only by trial. We are, however, convinced of the great value of general treatment (tonics, cod-oil, etc.) in conjunction with local treatment.

## **BABY'S WARDROBE.**

### **Successful Modifications of the Gertrude Suit.**

IN reading "M. F.'s" inquiries in the December number I feel moved to tell of my modifications and, as I think, improvements on the original "Gertrude" plan. The underskirt I made of Jaeger flannel instead of cotton flannel, according to a suggestion *BABYHOOD* made some time ago. This flannel is exquisitely soft, and twice as warm as ordinary baby flannel. It washes beautifully, and will not shrink at all if cleansed according to directions. It will outlast several babies, or will serve for both the long and short clothes; so

that if its first expense is greater than the cotton flannel, in the end it is really as cheap. Only one yard is needed for a garment, and this is no more costly than a nice shirt and pinning-blanket. I made three, allowing an inch-deep hem beyond the length of the pattern. I also laid a box plait about an inch wide down the middle of the front before cutting, so as to allow for growth. Indeed, I did this with all the Gertrude garments, and have found it already a very wise provision.

The flannel skirt I cut long-sleeved, as well as high-necked. It seemed to me that this was

a weak spot in Dr. Grosvenor's plan, leaving the arms with less covering than the rest of the body. I know I myself should not be warm enough in winter with just a shirt-sleeve and one of thin cambric over my arms, and I don't believe the baby would be. The sleeves, slipped one over the other before putting them on the baby, are not at all clumsy, and he is clothed, every inch of him, except his head and hands, exactly alike.

And now I want to do a little boasting. Baby's hands have been as warm as toast from the moment of his first dressing—something which my two doctors, who happen to be respectively the baby's father and grandfather, both assure me is very unusual. He is so good that he often goes twenty-four hours without crying; and the two physicians, who ought to be interested in attributing his good disposition to inherited saintliness, lay it all to the combination of Jaeger and Gertrude, and to the fact that he was only nursed every three hours, and once during the night, from the very beginning.

MARION FOSTER WASHBURNE.

9 Warren Avenue, Chicago.

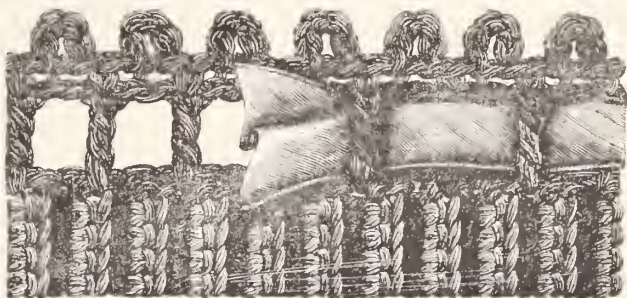
#### Crocheted Dress with Guimpe.

A VERY dainty, durable, warm, and inexpensive dress, at the cost of but a trifling amount



of work, is represented in the accompanying illustration. As clearly shown, the body part and the guimpe are worked lengthwise in ribbed

stitch. To give a detailed description of the method of working would require too much space, and scarcely be a sure guide, as all persons do not work alike, and looser or tighter



stitches would entail a corresponding increase or decrease in size. The safest and simplest way is to crochet after a paper pattern of the desired size, interpolating or leaving out stitches as the shape requires. The border around the bottom of the dress is crocheted directly on to it, and in exact accordance with the directions given for the wavyed stitch accompanying 'Tam o' Shanter' cap in previous number. Straps at the sides hold in place the sash-ribbon, which is tied in a bow at the back, and narrow ribbon is drawn through the edging at the neck and sleeves, and tied into bows at the wrists, shoulders, and back of the neck. A guimpe of muslin may replace the crocheted one, if preferred.

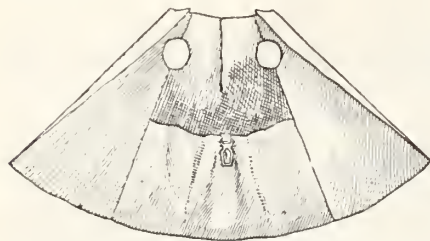


#### A Time-Saving Wrap for Baby's Outing.

It may be of benefit to some mother if I send a description of a garment used in my family for some winters past. Our oldest child is now over five years of age, and the first winter after she came to us (she was born in May) we felt anxious to have her take an airing every day when the weather would allow, if for not more than five minutes. So at noon her father would take her out-of-doors in his arms for a short time. I used to bundle her up in a shawl, in order to have her ready at short notice, and this led to my invention to escape the putting on of leggings, etc.



The garment can be made of any material individual fancy may suggest (mine for service being of gray eider-down flannel lined with gray Canton flannel), of ordinary sack shape,



cutting the back, both outside and lining, eighteen inches longer than the fronts, the extra lengths being cut straight (not on a slant). This, after the cloak is finished in other respects, is turned up on the inside, the sides of the piece being sewed to the side-seams, making a *pocket* for the baby's feet and obviating the use of leggings. The extra fulness at top of pocket can be taken up in a box-plait or by running an elastic tape through a casing.

Take a piece of inch-wide ribbon about three inches long, fasten one end to middle of pocket top, and to the other end sew a clasp such as is used on gentlemen's sleeve-supporters. This clasp is to be fastened to Baby's clothing in front so that the pocket may not sag. The sleeves, if cut long and full, may be gathered on a ribbon and tied in a bow, thus covering the hands and dispensing with mittens. In mine I had a box-plait from neck to waist-line in back, to be let out as Baby grew larger.

Providence, R. I.

E. C. B.

### Baby's Shirts.

HAVING used the "Gertrude" suit before it went by that name, I would like to mention an addition I made to it which I found very useful. A knitted or woven shirt which is put over the baby's head is generally very troublesome to get off and on, especially after it has become a little tight by shrinking or by the growth of the child. For my baby's shirts, therefore, I used the flannel left over after goring the skirts, and made them precisely like a little sacque. They were buttoned down the front and pinned to the diaper, without any band below. Underneath the flannel shirt was a cambric one, made in exactly the same way; for it seemed to me that a flannel or woven shirt next to a baby's skin was about equivalent to the hair shirt of

Catholic penance for an adult. These two little shirts, placed one inside the other, were slipped on with the greatest ease, and over them went the "Gertrude" skirt, made with low neck, and arm-holes. C.

Jamaica Plain, Mass.

### Cap for Little Boys.

WHILE eminently "boyish" in design, this becoming little cap possesses the virtue of providing a covering for the ears in the flaps, which, two-and-a-half inches wide and about four inches long, are rounded off at the bottom and fastened at the top between the crown and rim. The material for the cap is white Astrakhan or lamb's wool, and the shape, plain and close-fitting, can be easily cut after the little head to



be fitted. The brim is turned up from the bottom, and the cap and flaps lined with soft white silk.

### A Bad Fashion.

As two voices are better than one, may I add mine to the protest in your November number against long dresses and coats for children? I was intending to write such an article myself, when I found it had been so well done by another. Your correspondent, however, does not mention one of the objections to the long coats—namely, that in muddy or snowy weather they must inevitably get wet and prove a fruitful source of colds by wetting the little legs and ankles.

She also speaks only of little girls, whereas boys as well are condemned to wear their skirts down to their ankles as long as they wear white



cambric dresses, which is sometimes up to three years old.

It is really pitiful to see an active, stirring little two-year-old, of either sex, having to stop and pull its dress from under its knees in climbing about on the chairs and sofas.

The fashion undoubtedly has its origin in the admiration felt by almost every one for Kate Greenaway's delightful pictures of old-fashioned children, and in other charming little books, like "Wee Babies," in which children fully two or three years old were depicted in long, ruffled white dresses; but the fact that a dress is pretty in a picture does not by any means mean that it is pretty for real children. A boy dressed in the long trousers and short waists of the Kate Greenaway little heroes would be a sight to scream at, if I'm not mistaken, and I have never seen even a Greenaway little girl without exclaiming inwardly, "How very awkward and ugly!"

The fashion is evidently a growing one, and will probably soon extend to girls of all ages, unless mothers make a very decided stand against its becoming universal. It seems that it is an actual duty for them to do so, if they realize that whatever takes away a child's activity is a positive wrong to that child. Imagine a little girl unable, as we women are, to go upstairs with both hands full! The custom of long dresses for grown women having existed from time immemorial, I think there are very few of us who would wish a change to short ones for ourselves, in spite of the very decided inconvenience of our long skirts; but we surely, knowing that inconvenience, ought not to condemn our little girls to it one single year before their womanhood makes it necessary. In my opinion, every mother who, for the sake of her own vanity and desire for style, follows this fashion, now that it is not yet universal, does a wrong to her own child's comfort and health, and throws her own personal influence into the scale in defence of a very bad custom.

It shows the queer inconsistency of human nature that the very mothers whose children are trammelled by their long skirts at the very active age between one year and two-and-a-half, will later be in quite a hurry to get off their little boys' short and picturesque kilt-skirts, upon the ground that they hamper the child's movements. So the necessary ugliness of jacket and trousers is assumed often two or three

years before it is necessary, and the child lays by his sweet childhood with his skirts, and with it half of his fascination. No child need be hampered by its clothes who, from one year to seven, goes through the various changes from white cambric dresses to plain cloth kilts, with its skirts just clearing the knee, so as to leave perfect freedom to its motions.

*Boston.*

A. P. CARTER.

#### Night-Drawers—Angora-Wool Caps.

AMONG the numerous patterns of warm night-clothing for children given in BABYHOOD, I have seen none as simple and easy to make as the drawers which my little boy has worn since he was a year old. To make the garment, take one-and-a-half yards of cotton flannel, fold down the centre lengthwise, and cut with the folded side for the front. Turn under the selvedge edges for a hem, or face them, and close with button-holes and *flat* pearl buttons. Finish the neck with a wide, straight band like a standing collar, cut this band twelve and a half inches long, and gather the neck slightly or hold it full in sewing it on. The sleeve is the ordinary coat-sleeve, cut on a fold of the goods to avoid the seam in front. Finish with a side-facing stitched on the right side to look like a cuff. Put this facing on before closing the seam, and it is no more trouble than a hem, and will not roll up, leaving the little arms exposed.

Close the seam of the leg as high as the hem in the back; bind or face the remaining front with tape. For a child that is young enough to require a change of diapers at night, finish the top of the legs and the front with a gusset; this gives ample room, when the lower button in the back is unfastened, to slip the feet out.

I do not claim much beauty for this little garment, though that is easily added in the shape of trimming, if deemed necessary; but it is warm and comfortable, and very easily and quickly made.

I would like to add a word of warning in regard to the Angora-wool caps, directions for which are given in the December number. They are so pretty and so becoming it is a great temptation to put them on, but in my experience and that of my friends they are entirely too warm for a Southern winter. Even in our coldest weather my little boy would come in with his head dripping wet.

B. R.

*Apalachicola, Fla.*

## THE MOTHERS' PARLIAMENT.

**"An English Father" on "High-Chair Theology."***To the Editor of BABYHOOD :*

I have recently received several numbers of your publication, which had hitherto been only known to me by name, and in looking through the issues have formed a very high idea of its standard and its aims. In the issue of September last I notice a letter from "An English Mother," dating from Hakodate, Japan, treating on the subject of your items under heading "High-Chair Philosophy," so far as they concern questions of Bible or religion. The writer of the letter presupposes that her point of view may possibly arise from her English training. As an Englishman, and a father to boot, perhaps you will allow that I am to some extent qualified to reply to "An English Mother" from her own standpoint of education.

In one of the other numbers I noticed an item of a youngster who, having been induced to go to bed during the prevalence of a thunder-storm by the assurance that God would be with him in his room, presently requested his mother to come up and stay with God awhile, as he was coming down-stairs. Now, I confess I laughed heartily at the item, and not only did I enjoy it, but my wife, to whom I read it, joined in my laughter. I will undertake to say, however, that neither of us laughed with the slightest irreverence of spirit. The enjoyment was prompted not merely by the naïveté of the request, but equally by the absolute and delightful freshness of mind which led the child to adopt, in the most material form, the mother's statement. I would like to take "An English Mother" on her own ground, and with her own quotation, which, however, is not quite accurately given. "Out of the mouths of babes and sucklings hast Thou perfected praise" (Matt. xxi. 16). The child's remark was surely "perfected praise" in its purest form.

Crab-fashion, I started reading the number in question from the last page, and so backwards, and on reading the letter the same point presented itself to me which I afterwards found in your comment: *i.e.*, the class of parents to whom such little scintillations of fun would serve as either scoff or jest, would hardly patronize such a publication as BABYHOOD.

I wish the magazine sustained and extended success, and am, AN ENGLISH FATHER.

London, Eng.

**A Successful Experiment.***To the Editor of BABYHOOD :*

Undoubtedly one of the first duties of parents is to do all that they can to secure for their children in the future the inestimable blessing of good health, by laying a good foundation during their infancy and childhood. In a recent investigation of the physical state of the scholars of our public school, it was found that most of the poor health among them was connected with digestive troubles. What can be more important, therefore, than the question of our children's diet?

Most people think that if their children show no signs of present illness from the rich food given to them, and if they look healthy and well, it is a sure sign that such food does them no harm. They do not consider that, though a child with a good constitution may have apparently the digestion of the proverbial ostrich, that digestion must, unless very exceptional, be much weakened by the constant strain put upon it, so that, when childhood is passed, there will be every chance of its giving out and perhaps breaking down entirely. Also, too large a portion of the general strength needed for other things must be used for mere digestion.

As to the question of what a child should eat, though there is some difference of opinion about details, every doctor will give but one opinion in general—namely, that it should have simple food and regular meals. How many parents keep to these rules? It seems to me that even the most enlightened people give their children a great many objectionable kinds of food, and generally allow them to eat at all times and seasons.

The great trouble in keeping children from eating objectionable things is, that a great many parents either prefer or are obliged to have their children at the family table, and it is very hard to eat dainties right before the eyes of our darlings while they are longingly fixed upon them. Unless parents, therefore, are willing to give up for themselves, and even for their guests, everything unsuitable for children, the question of how to keep such food from them without constant trouble becomes a serious problem. I have myself solved this problem, and therefore I want to give my experience in support of the following fact—namely, that it is possible to bring up a child not to want food that is not good for

it. My success in carrying out this theory of mine has been beyond my own expectations, and therefore without undue egotism I may be allowed to give it for the benefit of others.

I followed from the beginning an idea suggested in one of Miss Sedgwick's books—namely, that, if children were not tantalized with "a very little of this," and "just a bit of that," they simply would not form a taste for such things. Accordingly my little boy has always sat at the family table, where, especially when there are guests present, he sees dishes which he has never tasted in his life, and which he has never shown the slightest desire to taste, merely referring to them as "things that I don't eat." As to candy, he has now reached the age of about six-and-a-half without ever tasting it, excepting once when he was three years old. Then another child put a piece into his mouth, when he instantly spat it out without being told, remarking rather indignantly, "Don't eat candy." It was several times put into his hand when he was still too young to have much conscience about its being forbidden, but he simply did not want it, and refused it without the least hesitation.

I know of another child with whom the same course in regard to candy was followed for many years, with precisely the same result. As with candy, so has it been with all other food. Three times a day, and no oftener, my boy eats the plainest possible food with the finest possible appetite, and I am sure that no one who sees him eat could doubt that the faculty called *alimentaryness* is not only thoroughly developed in him, but is also being perfectly satisfied.

ALICE P. CARTER.

*Jamaica Plain, Mass.*

#### A Case of Rupture and its Cure.

*To the Editor of BABYHOOD :*

Having had charge of a little girl ruptured from birth, I send an account of my experiments, hoping they may save some one else much seeking after relief. I changed the leather strap which holds the truss in place and causes such staining and chafing of the tender skin (as soon as it becomes hard from frequent wetting), for one of chamois leather cut in strips from a good thick skin kept for that purpose. A fresh strap must be put on after each bath, and sometimes another at bed-time, as moisture softens and stretches the chamois leather, which should be pulled to its full stretch before cutting holes for the catch of the truss ; these holes must be the same distance apart as those used

by the physician in fitting the truss, and by adding an extra hole one-fourth of an inch inside of the one used the strap can be tightened at pleasure.

In spite of great care and watchfulness the skin broke under the pads of the truss, making raw places which neither zinc ointment, cold cream, nor vaseline would heal. All salves seemed to increase the suffering, requiring so much washing to cleanse the parts. I tried baby powder and the ordinary fuller's earth, also starch, both powdered and liquid, without success, when I discovered a very fine fuller's earth called "Crinolite" which worked wonders. It makes a soft paste when wet, and washes away without any friction by dripping water on the parts.

I dressed the sores usually three times a day, washing them first with tepid water and (after drying thoroughly) applying plenty of dry Crinolite and a fine linen pad under the celluloid. A few baths of sea-water when the skin began to form again completed the cure, and, as the rupture has never appeared since the truss was put on, I hope the worst is over for my little sufferer. "Taylor's Crinolite" can be had in London at John Taylor's, 13 Baker Street, Portman Square, W., but I suppose any New York chemist can order it if it is not common in this country.

*Perth Amboy, N. J.*

R. W. P.

#### Charity in Babies.

*To the Editor of BABYHOOD :*

The idea expressed by E. C. A. in the letter on "Charity in Babies," published in the October number, is a very good one ; but let me add that a mother who wishes to awaken in her child a real desire for "doing good unto others" must be very careful how she assort and rearranges "the well-packed basket" which the child prepares for the poor. She has to weigh her every word when explaining why not to give this or that article. I read somewhere about a mother who agreed to let her boy give his new hobby horse, the same day he got it, to a poor sick child. As far as I have noticed, the unselfish children usually give away even what is best. The mothers who wish to teach their children real charity must never use some such remarks as, "That is too good for the poor," or, "This is not good for you any more, and so give it to the poor." Indeed, I think that to give away what you do not need any more does not mean at all that you practise charity, and the children must be carefully guarded against false charity.

*Brooklyn, N. Y.* A RUSSIAN MOTHER.



## HIGH-CHAIR PHILOSOPHY.



AMONG other extraordinary anatomies discovered by my hopeful of four-and-a-half is one which he named in telling me of the sad chastisement inflicted on a disobedient doll: "Papa, Dittie was so naughty to-day that I had to 'pank her on the back of her tummic!"—*E. S., New York City.*

—We so often forget that we have very critical critics around us when we answer the many questions. Rob asked me some "puzzler" when I was worrying about the baking of my cake, and rather impatiently, I confess, I answered, "No! no! no!" Alice, four years old, instructed him, and I heard her saying: "Robbie, when mamma says 'No, no, no,' she doesn't mean 'No,' she only means 'Don't bother me now!'"

Papa had brought home a package of "broken candy," and Alice had been teasing for some for herself and Rob, two-and-a-half years old. "You may have some," I said, "but only take one apiece." Presently I heard Rob's voice saying: "Oo dot two of 'em." "No! Robbie, I have not," Alice's voice replied; "this is one, and that is only apiece."—*M. L. H., Cranford, N. J.*

—Little John, aged two years and three months, was looking at the photograph album, and seeing the portrait of the late lamented president of Union Theological Seminary, exclaimed: "That is Dr. *Hask Cake*." That most plebeian article of diet had formed part of the family breakfast, and the similarity in sound between its name and that of Dr. Hitchcock, with which he was very familiar, suggested the pun. The roguish smile with which he said it showed it to be intentional.

Sarah B., aged four years, was very fond of cucumbers. Her mother endeavored to dissuade her from eating them by telling her that they would make her sick, and she might die and be like a little boy who was buried in the cemetery with a lamb over him. The lamb (carved on the tombstone) was mentioned to make the fate seem real; Sarah had often observed it. Shortly afterward her father was eating freely of the forbidden dainty, and her mother said to him: "I am afraid you are eating too many of those." "Yes," said Sarah, "and you'd better look out or you'll die and be buried; and you'll have an *old sheep* on top of *you*."—*W. C. D., Leonardsville, N. Y.*

—I have read lately in BABYHOOD of several youthful punners. My brother, when still within baby limits, made a pun that we thought very good. We were living in Philadelphia, and one day at table the talk turned on the new wing that was being added to the Pennsylvania Hospital, which those who have seen it will remember has a large statue of William Penn in front of it. An older brother said, "If they build another wing to the hospital it will fly away, because it will have two." "No," said the little one, "it won't—don't you know it's *Penned* down?"—*M. J. G., Boston.*

—There are two little brothers in Connecticut, aged five and six years. One day Mamma H. gave five-year-old Joe a banana and told him to give half to Ned. Joe looked doubtful a minute, and then said: "Give it to Ned." "Why?" asked mamma, "Because," was the answer, "if I break it I'll have to give Ned the bigger half, and I want that myself."—*R., Brooklyn.*

—Little Margaret (age two-and-a-half), while out driving, passed a negro. She had never seen one before, and exclaimed: "O mamma, see the *chocolik* man! Him's been'd eating chocolik [chocolate] and 'pilled it all over him face!"

Another time she declined for two or three nights to say her prayers. One night her papa covered his face with his hands, and said: "It makes papa feel sick to think Margaret won't say her prayers." "Papa feel sick?" "Yes, dear." "Papa better take casser [casser] oil." The subject of prayers was no longer discussed that night.—*Mrs. H., Cambridge, N. Y.*

—The children in a family of our acquaintance were in the habit of repeating Scripture at family prayer. One morning a little fellow of four electrified the circle by saying: "Children is the principal thing, therefore get children."—*M. K. F., Riverhead, N. Y.*

—"See, mamma," said little Elizabeth, bringing a picture of an enraged cat with a very much arched back, "the kitty has got a pain!"—*M. G. R., Geneva, N. Y.*

—My three-year-old son and I were out walking to-day, and we met an old man who is very lame. I exchanged greetings with him. His enunciation was very indistinct, and as soon as we had passed my little boy asked: "Mamma, is dat old man's *teef* lame, too?"

After I had told him the miracle of the loaves and fishes the other day, he inquired: "What did dey do wif all de skwaps [scraps]? Give dem to de kitties?"

The same small boy has sometimes been told, when criticising a garment, "It will do for now; perhaps some time you can have another." He very much amused his neighbors, when travelling on the cars lately, by scrutinizing his hands very carefully, and then soliloquizing audibly: "Well, my fingers are *pwetty winkled*, but I *guess dey'll do for now*."

Some one asked him a day or two ago what the first meal of the day was. He promptly replied: "Oat-meal!"—*L. W. P., North Weymouth, Mass.*

—Baby, just learning to use her feet, was going about the room on hands and feet with back elevated, to the great amusement of little three-year-old. "See, see, mamma," she kept shouting, "Yes," laughed I; "she's a camel, isn't she?" "She's a Mishmalite," was the prompt reply from curly head, whose only remembrance of camel was in connection with the Ishmaelites in the story of Joseph. After that baby in that peculiar position was always a "Mishmalite."—*A. E. P., Huntington, N. Y.*

—Sam, aged three, last month heard us speculating on the likelihood of snow. After the exodus to school and business I overheard this conversation at our telephone: "Twing! Twing! Hullo! is that God?" "Yes," in a wee, small voice. "Well, God, are you going to give us some snow?" "Yes," "Well, how soon?" "About the time the Christmas tree grows." "All right, good-by. Twing! Twing! Is that Rob Hall?" "Yes." "Well, Rob, you may send us over a nice horse and sleigh." If that was not perfect faith, I have yet to see it. All the long morning his little feet skipped down-stairs at every ring of the "machine," and he made very frequent visits to the window to inspect the weather.—*L. A. C., Newtonville, Mass.*



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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“IN every case of illness in children a careful examination of the throat should be made.” We quote this sentence from the important article by Dr. Chapin in the present issue, to give it added prominence. Diphtheria is one of those scourges of the nursery that are dreadful enough when they come, without our suffering needlessly from false alarms. How many fathers and mothers will recall hours of fright, and terrible anticipations of some specially dreaded disease which did not come, and in which a little information, since acquired, would have cleared away whole clouds of obscurity and doubt! When everything turns out well after all, we are likely to forget such experiences, while, had they proved the forerunners of something fatal, we should always remember them vividly. It is fully as desirable that we learn to avoid unnecessary alarm as to recognize a serious symptom, and for that reason the appearance of the throat, as shown in the illustrations, is one most important to be studied. Such study will take but a few minutes, and it is hoped will prove to be one of the thoroughly practical benefits which BABYHOOD aims to contribute to parents. In this connection we should also remember the suggestion made in these pages some time ago by Dr. Walker, that a child, while in health, should be made accustomed to the examination of the throat, so that when the urgent necessity occurs it will not be a new and difficult experience. And the appearance of the throat in health must first be well understood, in order that the contrast may be

marked in cases of inflammation or other changed aspects. Many mothers acquire this ability to discriminate almost instinctively, while with others some practice is necessary.

Considerable interest has been excited by the case of a little girl charged with setting fire to the Hospital for the Ruptured and Crippled in this city. The fire occurred on the 29th of January, and one life was lost, the cook of the institution having been suffocated by the smoke. Several other attempts at incendiarism were discovered, some of them after the principal fire. The inmates of the hospital are crippled children, and one of these, a girl of eleven or twelve years of age, who had for about a year been one of the helpers about the hall and physicians' rooms, was suspected by the Fire Marshal of having started the fire. The physicians of the hospital thought it impossible, but on being charged with it she confessed that she had kindled all the fires. Every one familiar with children knows with what great reserve their confessions should be taken. They follow the lead of a guiding mind so closely that they presently seem to believe that they have done what is charged. The officers of the hospital, with whom the writer has spoken, believe that this source of error was guarded against, as the child confessed certain things which, although discovered, had not been mentioned, and which she could not have known by hearsay. The coroner's jury have, however, applied to the case the rule of courts against convicting persons of

crime on their own unsupported confession, and in their verdict declare that they are unable to fix the responsibility for the fire.

BABYHOOD is not particularly concerned as to the proper legal position in such a matter, but is interested in certain questions which have been raised by the affair, chiefly as to the mental condition of children who exhibit a fondness for setting fire to dwellings and other buildings. Some who have commented upon this case have assumed that this child, granting that her confession was true, was afflicted with the form of insanity named pyromania, which prompts to the burning of things, and which is classed as one of the varieties of impulsive insanity. But no evidence has yet been forthcoming in defence of that position. The mere fact of a person's having been an incendiary is not evidence of insanity, even in adult life. And in childhood it is not enough to say that the act was purposeless—that is, from the point of view of a thoughtful adult. Children who have not been taught by precept or experience to consider the result of their acts are constantly doing things which seem purposeless or malignantly mischievous. They are neither the one nor the other. The gratification of simply seeing a fire, which nearly all persons share, often leads children, or adolescents who are intelligent but thoughtless, to kindle fires in their own homes under circumstances to endanger their own lives. The momentary pleasure is purpose enough. Again, to certain children—and, unfortunately, adults—the mere creation of a commotion and giving of inconvenience is a sufficient purpose. There seems to be something in certain kinds of invalidism, crippling among others, that heightens this tendency if it already exists. In such a case as the one considered, unless further facts come to light, there seems to be no reason for considering the question of mental unsoundness at all, for no one would think of holding such a child guilty in the same sense as an adult would be, nor of punishing her in a similar manner. In our belief, all such cases should be

most carefully inquired into and the child be put under such restraint and training, reformatory or otherwise, as may be needed.

We will venture the assertion that Santa Claus has not had so vigorous a shaking up before in the whole of his long and honorable career as during the past season. A letter from a lady on the Pacific coast was printed in BABYHOOD in the fall, asking the opinion of other mothers as to the probable result in a child's mind of learning that something—the Santa Claus myth, for instance—taught him by his parents, to whom he had been accustomed to look up with implicit faith, was untrue. A large number of replies were received, and as many as space allowed of were printed; we in the meantime had sent copies of the letter to a few leading clergymen of this city, asking for an expression of their views, and such answers as were received in time were also printed. The letters were very interesting and attracted much more attention than would have been supposed beforehand. Many journals copied almost the entire collection: and as the letters were about equally divided in sentiment, there was ample opportunity for such papers as had decided views of their own to use those that pleased them and discard the others; these would again be copied or combated, and gradually, as the disintegration went on and the starting-point was lost sight of, the authors or BABYHOOD, or both, would be severely dealt with for holding one or the other opinion, regardless of the circumstances of its original expression. Altogether Santa Claus has had a thorough ventilation, and doubtless he is either greatly edified to see how important a personage he is or is wishing he had never been born. He will certainly enter next year's campaign with pretty clear ideas as to his functions as viewed in different localities, and will probably apply the local-option principle in all his performances.

A loyal subject in Havana has sent the baby-king of Spain a present of a box of ten thousand of the finest cigars. If his Majes-

ty will confine his use of tobacco to these, and limit himself strictly to ten a day, he need not contract the modern pernicious habit of smoking cigarettes until he is nearly five years old.

There is a stone by the grave of a child in a Western cemetery that, we are told, bears the legend, "He died of his grandmother." This is almost vindictive in its terseness, but it at the same time gives expression to the idea that becoming a grandmother is to disqualify one for the care and management of children. The fact that a mother may have brought up a large family of her own with a rare discretion, is as nothing when she has to do with her children's children. Then, blessings on her grandmotherly heart! law gives place to license; the little rogues fly to her eagerly, realizing that they can make no request but will receive patient attention at grandma's hands, while the usual bars that maintain a check upon spirits and appetite can, for the nonce, be let down. Now, the desire to please the little one struggles in her mind with the desire to do what would be considered best; and how invariably feeling supplants judgment! She grants the most unusual privileges and allows a youthful dietary that would have given her a serious shock a couple of decades before. She is a very City of Refuge to those in disgrace, and offers to the distressed and discouraged a heart overflowing with affectionate sympathy. Tender, credulous, indulgent, inconsistent, devoted, charitable to a fault in the interpretation of acts and motives—who that has had his early years leavened with the leaven of her unselfish influence but sees a halo about her head whenever he thinks of her? O grandmother, before you became grand you had trouble enough with the generation now on the stage, but you succeeded in developing some pretty good fathers and mothers. And now that you have your experience to profit by on the one hand, and BABYHOOD to hold you in check on the other, there is no excuse for your not making the best, most pro-

ficient, and dearest grandmother in the history of the race!

A few weeks ago some public-spirited person wrote to a Philadelphia paper announcing his intention to devote \$50,000 to charitable purposes, and asking for suggestions from any one as to the best methods of distributing the amount. Almost the same day the *Evangelist* of this city, speaking of BABYHOOD, said that "no Christian or philanthropist can help wishing that this magazine may find its way into the hands of every American mother." Far be it from BABYHOOD—always modest if it's anything—to intimate that the person above quoted is neither a philanthropist nor a Christian, but we have not up to this writing received a check from him for even a fiftieth part of the proposed benefaction; and the *Evangelist* is one of the ablest and most authoritative of religious journals, having been among the leaders of its denomination for two generations. But lest we should be suspected of too sordid motives in thus suggesting that a host of yet unreached babies might be made healthier and happier by a wider dissemination of BABYHOOD among families unable to pay for it, it is proper to say that if at any time any one should be disposed to appropriate a large sum in that kind of charity, subscriptions to the magazine will be furnished for the purpose at exactly cost price, the figure for that year—a somewhat variable item, as all publishers know—being demonstrated to the donor's satisfaction by all necessary proofs. Doubtless the Philadelphian has, long before this, had mapped out for him the most approved methods of parting with a good many times the value of his entire property, so we cannot be charged with thrusting the babies—or ourselves—before him with unseemly haste; but other embryo philanthropists may take notice. By the way, we find that the Grand Haven (Mich.) *Herald* has just said: "If we were infinitely rich we would put a copy of BABYHOOD into every family in which there is a well-used cradle"—showing that real public spirit is not confined to large cities.





## DIPHTHERIA.

BY HENRY DWIGHT CHAPIN, M.A., M.D.,

*Professor of Diseases of Children at the New York Post-Graduate Medical School and Hospital, and at the Woman's Medical College of the New York Infirmary; Attending Physician to the Demilt Dispensary.*

**D**IPHTHERIA is now such a common and widely-diffused disease that every mother and teacher should have some idea of its manifestations. The earlier it can be recognized the better will be the chance of controlling its ravages. It is particularly apt to attack the period of childhood, the majority of cases occurring under ten years. Adults, however, do not always escape, although children show the greatest susceptibility.

### **Nature of the Disease.**

There has been much dispute as to whether diphtheria is a local or constitutional disease. By this is meant that some physicians consider it purely a throat trouble at first, additional symptoms being due to absorption of the poison from this point. Others, again, think that the disease is from the beginning constitutional, or in the system, and that the inflammation in the throat is the first manifestation of the action of the general poison. These questions have not much interest to the laity, for, even if the disease is not constitutional from the very first, it quickly becomes so, and must accordingly be treated on that basis.

### **Contrast with other Contagious Diseases.**

Diphtheria differs in several remarkable respects from the other contagious diseases. In the first place, it is very often secondary, particularly during epidemics of other infectious diseases, ingrafting itself upon the original disease, thus rendering the outlook much graver. It is especially apt to complicate maladies, like scarlet-fever or measles, that are accompanied by an inflammation

about the throat. Then, again, one attack of diphtheria does not confer immunity from another. All other contagious diseases—with exceptions that are so rare as not to be considered—occur but once, the virus having apparently exhausted the susceptibility of the system by one attack. It is perfectly possible for a child, under certain conditions, to have diphtheria every year. Finally, diphtheria does not run a fixed course that is invariable as to time and sequence of symptoms, like the other contagious diseases. Scarlet-fever and measles may vary widely in the severity of different cases, but the invasion and decline are always at the same interval of time. Diphtheria, on the contrary, may last anywhere from two or three days to several weeks. Diphtheria may also occur as a primary disease. It is more apt to attack a person with a cold or an ordinary catarrhal inflammation of the throat. Diphtheria is not only directly contagious from person to person, but there is reason to believe that the disease can be produced by filth and foul exhalations. Emanations from sewers and cess-pools that poison the atmosphere of some houses may be alone responsible for the malady.

### **Symptoms.**

There is perhaps no disease whose type varies within such wide limits as diphtheria. Many cases are so mild that the children are hardly considered ill, and are not even put to bed. The true nature of such cases is frequently overlooked, and they inflict great damage by spreading the disease in a neighborhood. On the other hand, diphtheria



may be so malignant as to kill almost in a few hours, before the false membrane has time fully to form. Between these extremes there is every grade of severity. It must be thoroughly understood at the start that all cases of diphtheria are liable to be dangerous, if not fatal. The disease does not usually begin very abruptly. There may be slight chilliness followed by fever, with headache and pains in the back and limbs. The appetite is lost and a feeling of languor is often experienced. The fever does not usually run very high, even in severe cases, and by the third day the temperature may be down almost to the normal, although the disease has by no means run its course. The earlier signs of diphtheria are a good deal like those of a heavy cold. This makes an early recognition of the throat symptoms of great importance. Patients generally complain first of a feeling of soreness, with more or less fulness in the throat. The sensation of pain is no greater, as a rule, than is experienced in ordinary inflammations of this part. Indeed, there is often no complaint of sore throat at all. I have seen cases of malignant diphtheria where all the structures of the throat were covered with false membrane, and yet the children, when questioned, would deny the existence of any local pain. *In every case of illness in children a careful examination of the throat should be made.*

#### Examination of the Throat.

To be able to make a satisfactory examination some knowledge of the structure of the throat is necessary. When the mouth is opened wide (see Fig. 1, in which the correct position is indicated by showing the nostrils also) there are seen on either side of the root of the tongue two small, oval bodies called the tonsils. These lie between the pillars of the palate, which extend up to the soft palate, that forms the upper and back boundary of the mouth.

Hanging down from the middle of the soft palate is a small structure called the uvula. All these parts must be brought distinctly into view to make a satisfactory examination. In order to do this the tongue

must be pressed downward. A tongue-depressor (Fig. 2) or the handle of a spoon will accomplish this end. The mistake commonly made is in not putting the depressor far enough back to reach the base of the tongue. If pressure is made upon the forward part of this organ the back part will immediately arch up and completely conceal the other structures of the throat. After inserting the depressor well back, pull downwards and forwards, and all parts will

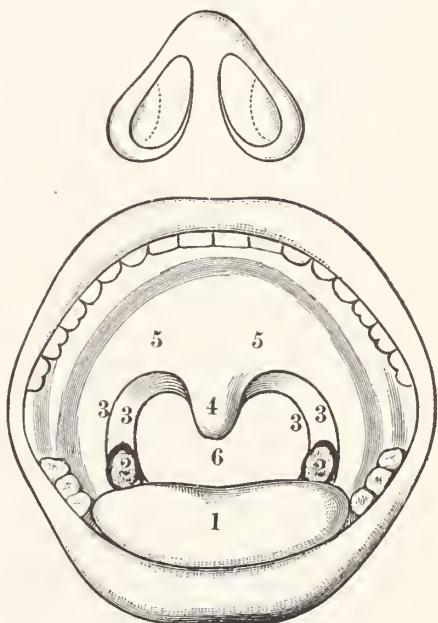


FIG. 1.—1, Tongue. 2, Tonsils. 3, Pillars of Palate. 4, Uvula. 5, Soft Palate. 6, Back Wall of Throat.

come into plain view. It is absolutely necessary to have a good light. The child should sit upright on the nurse's lap, if possible before a window with a southern exposure. If the examination is made at night it is generally useless to try and see by gas light. By using a candle, however, held in the examiner's hand, with the bowl of a tablespoon for a reflector and to keep the glare from the examiner's eyes, a good light can be thrown into the mouth. When this is not to be had I have used a lighted match. Some small object like this is much more satisfactory than a large lamp, that cannot well be

regulated to the movements of the child. If the child is young its hands should always be held, in order to avoid interference at the critical moment. Sometimes a child will refuse to open its mouth at all. In such a case the nose may be held until the mouth is partly opened for air, when the depressor can be quickly slipped in and the parts brought into view.



FIG. 2.—Spatula, for throat examination.

The diphtheritic false membrane is oftenest seen first upon the tonsils and pillars of the palate; hence these parts must be subjected to careful scrutiny. The whole throat is usually reddened and inflamed, but some hours after the beginning of the disease a slightly-raised patch appears at some part, which is the first manifestation of a diphtheritic false membrane.

#### Character of Diphtheritic False Membrane.

The false membrane has a grayish white color, and not only lies upon but deeply penetrates the mucous membrane, upon which it is situated. Persons often inquire why diphtheritic false membrane cannot be easily detached when in plain sight. The mucous membrane of the part is so penetrated by the false membrane that an ulcerated, bleeding surface is left behind when it is forcibly detached. Upon this raw surface diphtheritic membrane will quickly reform, thicker than ever, from the irritation to which the part has been subjected. It is like trying to tear up grass without disturbing the soil in which its roots are grounded. We only renew the strength of the false membrane, as irritation of all kinds provokes its growth and spread.

#### Structure of False Membrane.

The false membrane consists of a coagulated, tenacious substance, called fibrin, that is exuded from the blood-vessels as a result of diphtheritic inflammation, of degenerated epithelial cells, of pus, and small living organisms called bacteria. Decomposition of the false membrane begins in a few days,

when it softens and changes to a dirty-brown color. Its separation is effected by the secretions of the mucous membrane, and is usually gradual and accompanied by a sort of liquefaction. The edges of the diphtheritic patch are thinner than the centre, and surrounded by red, inflamed mucous membrane. The severity and danger of an attack of diphtheria depend largely upon the extent of the false membrane and its tendency to spread to structures outside of the throat.

#### Spread of the False Membrane.

When the diphtheritic membrane is only situated upon the tonsils the disease is not apt to be severe. The reason of this is that the breathing is not much interfered with, and, as the absorbents are not active in the tonsils, the poison will not reach the blood in large quantity. If the false membrane spreads up or down, however, the results are serious.

#### Diphtheritic Croup.

Sometimes the false membrane will extend downwards, reaching the larynx, or opening of the windpipe, and cover over the vocal cords. This is a very fatal accident, as suffocation is caused by closure of the air-passages by false membrane. The opening between the vocal cords is a comparatively narrow chink, and it does not take much obstruction to completely close it. (See Fig. 3.)

The croupy symptoms come on gradually. At first there is a slight huskiness of the voice and rather a hoarse cough, but no interference with breathing. Soon, however, the child feels the want of air as the membrane fills up the air-passages. Restlessness, with a worried look in the face, come on, and the cough has a suppressed sound. The voice gradually becomes whispering and is finally lost. As the struggle for air becomes more intense the soft parts

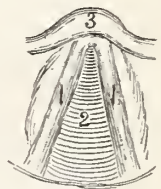


FIG. 3. — 1, Vocal Cords, 2, Chink between Cords, opening into Wind-pipe 3, Epiglottis, at Base of Tongue.

of the chest suck in with each inspiration and the extremities become blue. These patients almost always die, unless surgical means of relief to open the wind-pipe are employed, and even then a large proportion perish. It may take several days for diphtheritic croup to come to a fatal termination. The symptoms are gradual, but slowly and surely progressive.

#### **Nasal Diphtheria.**

Not infrequently the false membrane spreads up along the pillars of the palate, covering the uvula and finally reaching up to the back of the nose. As the absorbents of the nose are very active, when this organ is involved by the false membrane, the poison is quickly carried to all parts of the system. This being a grave condition, it is well to recognize it as soon as possible. It is very difficult to look into the nose and see the false membrane, but there are ways in which we may recognize its presence. As stated above, the false membrane usually invades the nose from behind by creeping up the pillars of the palate. When, therefore, we see the false membrane so extending and involving the upper part of the soft palate, it must of necessity next involve the nose. The presence of another symptom at this time will make certain our suspicion—namely, the beginning of a discharge of thin mucus from the nose, very often tinged with blood. The discharge keeps increasing and causes much irritation around the nostrils and on the upper lip. Crusts may here form, under which the skin will be deeply excoriated. The occurrence of nasal diphtheria is always accompanied by an increased severity of the general disease.

#### **Diphtheritic Blood-Poisoning.**

There are two ways in which the blood is poisoned in diphtheria: first, by the specific poison that is the cause of the disease; and, second, by absorption of the decomposing false membrane. The latter form of blood-poisoning is particularly marked in nasal diphtheria, from the cause already given. A child with much blood-poisoning presents certain symptoms that

are fairly uniform. It seems sicker and the features assume a pale, sometimes almost a waxy, appearance. The appetite fails and the pulse grows weak and compressible. Various vital organs, notably the heart and kidneys, suffer at this time. If the urine is passed in diminished quantities and there be convulsions or coma, the latter organs have been attacked by the poison.

#### **Causes of Death.**

It may be well to summarize the most dangerous phases of diphtheria by enumerating the causes of death. Broadly speaking, blood-poisoning, of the two varieties already named, may be considered a very common cause. In malignant cases death may take place before the false membrane has time to form, the system being completely overpowered by the severity of the poison. Sudden heart-failure from paralysis of that organ may be responsible for death. It is not unusual for a child to faint upon sitting up, or at the slightest exertion, from feeble action of this organ during diphtheria. A secondary congestion of the lungs, due to a persistently weak heart, carries off not a few. Diphtheritic croup, from descent of the false membrane into the air-passages, causes many of the deaths in this disease. Perhaps the most insidious cause of a fatal ending is a failure of the kidneys to act. In scarlet-fever, and certain other infectious diseases complicated by inflammation of the kidneys, there is dropsy and some other sign to warn us of impending danger; but in diphtheria, convulsions or coma, quickly followed by death, may be the first intimation of trouble. In all cases of diphtheria the urine should be repeatedly examined to insure a timely recognition of this severe complication.

#### **Diphtheritic Paralysis.**

At a period late in the disease, usually during convalescence and when the family are congratulating themselves upon the recovery, a very peculiar symptom sometimes sets in—namely, paralysis. It may even be delayed for several weeks after the disease has ceased. The muscles of the throat are



oftenest attacked, the soft palate hanging down limp and powerless; and when attempt is made to swallow, the more fluid portion of the food is partially expelled through the nose. This is owing to a failure of the soft palate to close the passage to the nose during swallowing. The eye-muscles may be affected, causing squint. The limbs are not infrequently attacked by paralysis, an arm and a leg on one side, or both legs, or perhaps a single arm or leg. The paralysis often comes on insidiously, it being noticed that the child begins to lose power in walking or standing. It frequently takes the form of paresis, or incomplete paralysis. Sometimes the child first complains of a sensation of numbness or tingling in the affected limb. The cause of diphtheritic paralysis is supposed to be an inflammation in the end fibres of the nerves that are distributed to the muscles affected, being induced by the poison of the disease. Recovery nearly always takes place, but it may be several months before the muscles completely regain power.

#### What Diphtheria is NOT.

There is a very common disease of the throat, accompanied by a white exudation, that is frequently confounded with diphtheria.



FIG. 4.—Tonsillitis.

The mucous membrane of the throat, particularly of the tonsils, is studded



with numerous small holes called follicles.

These follicles secrete mucus, and when the throat is inflamed from any cause mucus and pus collect in the mouths of the follicles, appearing as a whitish exudation. The tonsils are oftenest the seat of local inflammation, the disease being known as tonsillitis. The confusion that exists is between simple tonsillitis with points of exudation and diphtheria with a false membrane. The following considerations will help to distinguish these affections:

In tonsillitis there is no membrane, but the exudation is pushed up out of the follicles,

forming numerous separate points (Fig. 4) that usually remain distinct throughout the disease. These small, white points can generally be scraped off without leaving a bleeding or especially irritated surface. In diphtheria there is a grayish-white false membrane (Fig. 5), not raised much above



FIG. 6.—Diphtheritic membrane in patches.

the mucous membrane, but deeply adherent to it and surrounded by an area of angry-looking inflammation.



FIG. 7.—Coalescence of patches in 12 to 24 hours.

There is generally only one patch upon the tonsil, but if the false membrane does form from several foci, as shown in Fig. 6, they will be apt to coalesce within twelve or twenty-four hours to form a single membrane, as in Fig. 7, and not remain distinct throughout the disease.\*

The symptoms are likewise different in these two disorders. Tonsillitis begins abruptly with a severe chill, followed by a high fever, with intense headache and general prostration. The disease, however, runs its course in three or four days and is followed by no complications or sequelæ. Diphtheria begins much more insidiously, and it is often hard for the child to say exactly when the illness began. The symptoms at first are not so urgent as in tonsillitis, but in a few days the differences between a simple local inflammation and a grave constitutional disease are apt to manifest themselves.

#### "Diphtheritic Sore Throat."

This is a term often used by the laity, and not so often by physicians. The name is not only unscientific as ordinarily employed, but dangerous, as it implies that while the throat may have a diphtheritic appearance, the patient is still not suffering from a constitutional disease that may be communicated to others. Hence the cases are not isolated, as they should be.

\* The illustrations in this article are more sharply defined than in life, to give a clear idea of contrasts. The margins of diphtheritic membrane usually shade off gradually.



Either a patient has or has not diphtheria. In some cases it is very difficult, if not impossible, to say with certainty for a day or so that a case is diphtheria. In the meantime nothing is gained by lulling ourselves into a sense of false security by such a term as "diphtheritic sore throat." All suspicious cases must be at once isolated until the true nature of the disease is apparent. No harm is done by quarantining an uncertain case of simple tonsilitis for a few days. Indeed, it is strongly probable that all forms of sore throat attended by an exudation are more or less contagious, and hence it is better to keep them isolated.

#### **Anything may Become Diphtheritic.**

The tendency of diphtheria to ingraft itself upon all forms of simple inflammation has already been noted. Extra attention should be paid to all varieties of sore throat when diphtheria is prevalent. A case of simple tonsilitis may in a few days be transformed into diphtheria. There are no hard-and-fast rules to guide us with reference to such a transition. Isolation and careful watchfulness must lead us in these puzzling cases.

#### **Treatment.**

All cases of diphtheria should be under the care of a competent physician, as indeed every case of cold or inflammation about the throat. But there are certain simple hygienic rules that can be followed until one is procured. Children with diphtheria, no matter how mild, should be put to bed and kept there until all manifestations of the disease have ceased. Walking cases of mild diphtheria not only infect others, but are liable to

dangerous symptoms, notably croup. The diphtheritic false membrane runs along inflamed surfaces, and if the child, by being exposed to draughts, contracts a slight bronchitis, the membrane will almost surely descend and produce suffocation. It is a fact that croup is especially liable to complicate mild cases of diphtheria. Kidney trouble or sudden heart-failure is more apt to affect children who are out of bed.

To relieve local inflammation and help the separation of false membrane it is well to apply large, hot flaxseed-meal poultices to the neck. The false membrane must be frequently disinfected by sprays containing carbolic acid or other disinfectants. As diphtheria is an exhausting disease, large quantities of milk and beef-tea may be administered to keep up the strength. It is best to give no solid food.

The object of medicinal treatment is to eliminate the poison as much as possible from the body, and at the same time counteract its effects on the system. This is best accomplished by starting with a saline or mercurial laxative, followed by large doses of tincture of iron to maintain the integrity of the red blood corpuscles, and alcohol to steady the heart and counteract blood-poisoning. The most successful results will be reached by skilfully treating certain symptoms as they arise, and avoiding complications, if possible, by our knowledge of the natural history of the disease. Any special plan of treatment claiming uniformly good results is dishonest, inasmuch as investigation will show that most of the cases were simple tonsilitis, and not the Protean malady known as diphtheria.



## TWIG AND TREE.

BY CAROLINE B. LE ROW.

NO argument is more constantly used in the discussion of the training of children than that some of the most disagreeable and disobedient youngsters have developed into the most satisfactory sort of men and women. Observation proves this to be a fact; yet another equally evident fact remains—that we do not, as a rule, gather grapes from thorns or figs from thistles. As we sow we generally reap, and the road from cause to effect is usually a straight one.

Thomas Henry may be, at twenty-one years of age, a highly courteous and considerate young man; but that pleasing possibility does not excuse his mother, for allowing him to place his muddy three-year-old feet upon the cushion of a horse-car, or to finger alternately the candy in his paper bag and the ribbons of the lady who sits beside him. He may at twenty-one possess a charming reserve and dignity, but he is no less disagreeable to-day when interrupting every minute his distracted mother, who is vainly struggling to carry on a conversation with a caller. He may become a famous writer, a successful inventor, a brilliant musician, but it does not therefore appear plain why he should spill ink over his father's desk, stuff broken playthings into his mother's sewing-machine, or pound upon the piano to the demoralization of everybody under the roof.

It is not necessary to consider the question of heredity, ante-natal influences, and the like, in this matter of the training of children, though they demand in themselves the wisest and wisest recognition. True, all children are not alike, and some are naturally better-behaved as well as more easily managed than others. There is also an enormous difference in the patience, wisdom, and ingenuity of parents. Still a third fact remains—that there are certain things which can be done, and ought to be done, under

all circumstances, for the welfare of the child, the comfort of the family and the community.

The preceding generations which have made the child what he is are literally "circumstances over which we have no control." They belong as truly to the past as the child's manhood belongs to the future. In the present lies a vast area of continual *every-day-ness*, in which the comfort of many persons is necessarily involved.

"A babe in the house" may be "a well-spring of pleasure." It is unfortunate that while it is sometimes "a thing of beauty," it cannot remain "a joy for ever." If there is anything on earth more powerful to destroy peace, exasperate the nerves, and start the temper than this same "well-spring" grown into an unruly child of half-a-dozen years of age, it remains yet to be discovered.

"Some persons have money left them in their old age, therefore I will not try to earn any," would be as logical as to say, "I won't trouble myself about the training of my child, for John Smith's son was a nuisance to the neighborhood, and he's now a model young man." Quite as illogical is it to ask: "What was the use of my being so strict with John Thomas? See how dreadfully he's turned out! Sister Sallie's boy was allowed to run wild, and now he's superintendent of the Sunday-school." It would be pretty hard to prove that if John Thomas had been allowed the same liberty of range he would have become an ornament to society, or that Sallie's son would have "gone to the bad" if he had been conscientiously brought up. If a mother tries to do her best, she will have at least the satisfaction of feeling that, whatever may be the result, she is not responsible for failure, and can reasonably claim for herself some credit if her work is crowned with success.



## THE APPETITE OF CHILDREN; ITS USE AND ABUSE.

BY JEROME WALKER, M.D., BROOKLYN, N. Y.

**M**OST parents wish their children to have a relish for food, because they believe that in some way or other food is important; but that the relish for food—that is, the appetite—is not always a safe guide for either adults or children is not generally recognized. If a child refuses, meal after meal, to eat as much as he has been accustomed to, the parents wonder, then become anxious, and may consult a physician if the child becomes languid, but are more likely to dose the child with medicine, trusting to pepsine, lactopeptine, and other digestive medicines rather than to a rearrangement and regulation of the child's diet.

The fact is, the majority of persons do not understand that the subject of dietetics is of the highest importance and is no longer involved in theory. The student and practitioner of medicine at the present time, in dealing with sensible parents, justly has deep satisfaction when he reflects upon the number of cases of disease he has relieved, largely by attention to the diet.

### **Difference Between Hunger and Appetite.**

Ordinarily hunger and appetite are confounded with each other in the popular mind. Hunger is the craving within us for food, and is in reality the cry of *all* parts of the body for nourishment, the stomach being the spokesman. Appetite is located in the mouth and parts adjacent, at the gateway to the stomach, and has been likened to a janitor or watchman, whose business it is to guard the entrance to the stomach and allow only those things to go into it which are good for its welfare and the welfare of the entire body. But watchmen are sometimes derelict, and appetite is no exception. It can lose its influence for good by dealing with too

much food, too rich food, too little food, and from irregular feeding. Hunger, on the contrary, arises from the needs of the system, and asserts itself by a feeling of "goneness" at the stomach, and seldom goes to extremes unless the stomach itself is really in a diseased condition.

### **Causes of Spoiled Appetite.**

Spoiled appetites in children are commonly met with, and many a child eats unsuitable food or at inopportune times simply because a bad habit has been allowed to form, and not because it really needs to eat of such food or at such times. It is easy enough for adults to become slaves to the appetite for tobacco, tea, rich food, sweets, smoking, anodynes, etc. A child even more readily falls into bad habits from the power of imitation and the force of habit itself. Then irregular eating, overeating in general, or of one or more articles in particular to the exclusion of simple and easily-digested food, induces a diseased condition of the stomach, and the hunger which should normally come at regular periods is deranged, and demands food frequently and irregularly. A perverted appetite belongs not only to out-and-out spoiled or finical children, but to some sensible children of more or less sensible parents. Such children will eat to excess of some one article of food, it being honestly believed that such food will do no harm because it is "so simple."

### **The Abuse of the Animal-Cracker.**

Probably, at the present time, with the exception of candy, no article that is eaten is so much abused as the animal-cracker. Before these crackers were introduced children were content with a few butter, soda, milk, or even ordinary sweet crackers at one time,



but now the child is anxious to eat *a number of animals*. The cracker-maker, detecting this propensity in children, furnishes a wonderful assortment of animals, and the child is eager to eat one, at least, of each kind purchased. The mother thinks these animals are so nice for the children to play with that frequently she sends out for a half-pound or pound, or gives them to the child to keep him quiet as he is trundled along in his carriage. What is the consequence of the frequent use of so much sugar and starch? It perverts the appetite, teaches it to reject soups, broths, bread and butter, and milk, and prefer sweets and pastries, and also induces starchy dyspepsia.

It is one of the duties of the saliva and of one or more of the digestive secretions to change most of the starch we take in our food into glucose, a form of sugar, in which shape it readily becomes a part of the blood. If it is not so changed the starch ferments and gives rise to pain, discomfort, diarrhœa, loss of appetite, and debility. It is not so changed when a number of starchy animal-crackers or a large amount of other starchy food is eaten too freely. The fermenting starch in time tends to change healthy hunger into an unhealthy hunger with all its dire consequences.

#### **Perverted and Ravenous Appetite.**

Perhaps in no class of cases do spoiled and perverted appetite and unhealthy or perverted hunger stand forth so prominently as in those cases of chronic dyspepsia and diarrhœa seen so commonly in summer in our large cities—puny, weazen-faced little old men and women, the victims of improper feeding, over-crowding, or of high atmospheric temperature, or of all these causes combined. These miserable, shrunk specimens of mankind eat ravenously and of almost everything brought to them; cry piteously when their stomachs are distended with food, or when the cravings of hunger prompt them to appeal for more food. The popular belief is that food should be given to such children whenever they seem to crave it, and it is generally given to the detriment of the

child. Physicians know that such cases require careful dieting if recovery is to take place. True bulimia (appetite of the ox), a craving for an excessive amount of food, is due really to some diseased condition of the stomach, and is liable to result from improper feeding; but a gluttonous appetite may not be dependent upon disease of the stomach, may exist simply as a result of bad habits. This gluttonous appetite is seldom inquired into by parents, for the child may hold his own and even grow larger. But after a time, in most cases, the digestive organs tire of disposing of so much food, and the child begins to lose appetite and perhaps size. Then it is, as we have said, that the doctor *may* be consulted. Loss of appetite may be not only the reaction from over-feeding, but the result of frequent and rapid eating with little attention to thorough chewing and slow swallowing, or the result of a monotonous diet or of one with very little variety. Such a condition of things is apt to impoverish the blood, so that hunger and appetite crave chalk, slate-pencils, pickles, and curious things which, though not usually taken as food, serve to furnish to the body lime and various salts which the body needs, and which should be furnished by proper food.

#### **The Promotion of Healthy Appetite.**

Healthy hunger and appetite are fostered by muscular and intellectual exercise, by contentment, by regular habits, by a bracing atmosphere, by regularity in eating, and by variety and simplicity in food, and of course are disturbed by the opposite conditions. Many a child, especially if it is considered naturally feeble, is so coddled that its muscles have no chance to grow strong or its brain to act for itself in a vigorous way. The child is either carried in the arms, rolled about in a baby-carriage, or taken out for an airing in the family carriage, and is seldom allowed to creep, toddle, or climb a chair or stairway. He is kept indoors, except on quite warm days, for fear that if taken out he may catch cold. He is so dainty that what the parents think is suitable food is given to him simply because it is costly and



he does not want common food. Simplicity, digestibility, variety—three cardinal points—are lost sight of in the selection of his food.

It is very evident that no amount of writing, reasoning, or exhortation will cause some parents to change their methods of dealing with their children. This fact is to be greatly regretted; for the experienced physician, in looking over his record of cases of dyspepsia, of muscular and mental debility in children, cannot but notice how frequently an intelligent adjustment or readjustment of hygienic conditions has curbed or increased the appetite and so restored health.

#### The Most Important Dietary Factors.

As we have said before, simplicity, digestibility, and variety are the three cardinal points to be considered in the diet of children in general. Up to one-and-a-half or two years of age, when a child should live almost entirely on milk, there is little chance for variety. After two years of age simple, varied, but well-cooked food will not only be most digestible, but will do much to prevent slavishness to appetite and the perversion of hunger from its normal, healthy function. Some one has said that "a boy's stomach, like a boy, should be well occupied or it will get into trouble." This is equally true of the stomachs of all children. Well occupied means occupied at regular times with food that causes no pain or discomfort for its digestion. But the stomach is, after all, only

one of the organs of digestion, and this fact is frequently lost sight of. Food that impairs the teeth by its acidity, or that gives rise to acid fermentation, or that is too soft to be chewed, or that is hastily swallowed without chewing, is not suitable. Food so full of starch that the saliva fails to convert it into glucose, or so rich that it imposes in its digestion heavy burdens on the small intestine, liver, and pancreas, is not suitable.

The appetite for food is so useful that without a relish for what we eat the food eaten will not do for us the good that it should. For example, physicians well know that after a long and tiring sickness it is frequently imperative to create an appetite in the patient before food will be eaten or digested. They also know that an appetite is very readily abused, and that it is a very easy matter to become a real slave to the appetite. To prevent this abuse, and the frequent sequel of perverted hunger, it is necessary to have our children live on simple, abundant, varied, easily-digested, and well-cooked food. It is well known to students of dietetics that the saying "eating, as a rule, creates an appetite," is not true, neither that "it is wise to always rise from a meal with the feeling that we have not eaten quite enough." The same is true of children and their food. If simple, easily digested, and well-prepared food is furnished *at regular times*, children should have their fill, but not otherwise.

## SELF-RELIANCE IN THE NURSERY.

BY EMMA W. BABCOCK.

VERY few mothers would dissent from the statement that a mother owes to her child two eyes, an unbroken nose, and a healthy stomach. Another debt, of as great value as sight, smell, and power to digest, is this: the habit of self-reliance.

This is a debt frequently not recognized, and often unpaid even when acknowledged. The absolute necessity laid upon every human being of depending upon himself

renders it important that the habit be formed as early as possible. An excellent way to develop and cultivate this is to accustom the child to amuse himself, even from that early time when he begins to find food for thought in his fingers. While still so young that it hardly seems possible that he is capable of other than the dimmest thoughts, he will, if carefully propped by cushions in his high-chair, move things about that are

placed on a table before him, and so will, although many of his movements are random ones and their results unexpected, entertain himself for what appears to be a long time. He will never know that this is a first lesson in self-reliance, but it is nevertheless a fact.

The young mother is not likely to picture to herself the darling she loves to amuse and delights to wait upon, as a man or woman, or to put herself forward into the future far enough to see how her training is to result, until habits are formed. But happily it is never too late to mend. If a child has reached the mature age of three or four years it will not be so easy for him to begin. The habits of a lifetime, though a short one, are stubborn forces, but he may be helped.

When the power of observation awakens the task is a comparatively easy one. A mother who was noting all the mental steps of her baby of two years, was one day rocking him on her lap when the chair made a slight, creaking sound. "What is that?" she asked. The baby looked at her, opening his eyes very wide, as if a new world were dawning before him, and said: "It is Dandy Jim running down-stairs." Now, "Dandy Jim" was a doll knit of red and black yarn from head to foot, and his foot-falls would be necessarily very light and near together. If he had been endowed with life and had run down-stairs, the mother thought it would have sounded exactly like the noise the chair made. She laughed, but the baby still looked solemnly at her, as if, having said it, it were somehow true. From that time a happy period began for both mother and child. He seemed to have given one of those jumps forward which occasionally astonish us, and he became capable of amusing himself for an hour or two at a time. Not "Dandy Jim" alone but all his playthings acquired new graces and new powers, and self-reliance began to be developed surprisingly.

This faculty or power to invent is one of the surest means by which a child may be helped. It seems to supply the impulse

which the developed moral sense supplies to the adult. For example, a mother who was unexpectedly left without help found her little boy of five of great assistance to her through his fancying himself an express-train which was noted for safety as well as speed; he carried dishes from kitchen to dining-room and pantry, and saved innumerable "steps"; he drew his baby-sister around the dining-table, stopping at convenient stations, and then starting up with the ringing of a little bell and that suggestive "chew chew" which one observing baby calls "the cars counting." A long discourse on the duty of children to parents would not have been nearly so happily effective. Children often help themselves through difficult tasks by this accelerating power. One little boy of five, accustomed to black his shoes, working away with absorbed face, said one day to his father: "I always black my shoes with the smoke-stack, and rub them with the bottom of the boat, don't you, papa?"

The imaginative child is the happy child, and is far more amenable to gentle influences than the sordid infant who lives, as possibly his father and mother do, almost wholly in the regions of sense. The poetical conceptions of a child no less than of the man render the practical part of life full of interest; the life that Esther Summerson led with her dear old doll was the life which developed the helpful character, so sweet and yet so self-reliant. One even dreads to think of the thoughts and feelings which would have been hers when she went up to the lonesome room where, without playmate or friend, she spent so many hours; but the solace and loving companionship which she enjoyed with the doll testify to the wonderful power of awakening imagination.

In many ways the truth here sought to be made clear may be applied to a child's development. It will not tend to teach reliance upon self if every time he cries an entire roomful of loving slaves rush to his relief. In some households, whenever the child may be in want of a little sensational variety, it has only to set up a faint cry

from which tears are missing. The least self-conscious child, or one of naturally fearless character, may be injured if such a course is pursued. How much better is a "Never mind" or the playful remark, "What! is this a railroad accident?" which will often soothe the child at once! I have seen children who were badly hurt, who were entitled to cry, and who had the preliminaries all arranged, smooth out their brows, readjust the drooping lids and quivering lips, if carried at once to a window where some interesting object was shown to them. Who has not seen children, when alone at play and thinking themselves unobserved, bear troubles bravely which would have brought forth cries for sympathy if any one had been at hand to administer it?

Children are lovers of approbation, and they like to enjoy the good feeling generated by self-control. The boy of six who was presented with a velocipede, and was told that he was to be "put on limits"—just so far each way from the gate could he ride—found increased enjoyment in seeing how closely he could keep within those limits. A little girl of three was told by her papa to step into the dark dining-room to see if a window had been left open, and for the first time in her life she exhibited fear of "the dark"—that unexplored region, peopled by who knows what indefinite and shadowy forms. The father insisted upon her going, standing by the door so that she should not be terrified. There was a look of triumph on her face as she came back, and she said: "Do you want any more dark errands done, papa?" She was tested the next night by being sent to her mother's room for a brush-broom, and went willingly and returned successful and placid.

There doubtless are parents who would be surprised if some one should tell them that children like to be self-reliant, to be controlled, and to control themselves; but after thought and possibly after observations made with this thought in mind they would see its truth. How early a sturdy baby rejects the helping hand and discards

the once sought support of chairs, and goes his unaided and perilous way from one end of the room to the other with abounding glee!

A little woman of seven, who had heard a conversation between two learned men on the subject of mind and matter, was required by her grandmother to swallow some Epsom salts. She took the cup which held the bitter and loathsome dose, whispered to herself, "Mind over matter," and drank it down. If it had been possible for any one to have looked into her heart, the emotions raised there in that supreme moment would have recalled Socrates and the hemlock. She had conquered herself; a power within, which she could evoke, had overcome her reluctant and warring hands and throat.

It is sometimes a kindness to a child to appear to fall in with or humor his fancy. An experiment made by an investigating mother revealed the fact that her boy of three, who was recovering from an illness which had disordered his digestion, felt no bad effects after eating when she entered into his fancy that his eating was really the stocking of a cellar for a large family. "There goes a pan of milk," as he took up his spoon; "Here goes a loaf of bread," etc. It was a confirmation, however slight, that there is no aid to digestion like a cheerful mind.

A boy of five had pasted bits of numbered papers on the doors in the dining-room, and was told to "take those tickets down." "I'm glad you called them tickets," he said, as he sadly went about his work, evidently consoled by that one happy word.

The mother who acknowledges her debt, and who intends to pay it, will find that the safest and surest way is to pay it herself, and not to attempt to do so by means of an ignorant and careless nurse-girl. Even a busy mother will find that great gains are made by this method. If she is too much occupied to wash the marauding hands as often as is needed, with few directions and slight oversight the man of three can be taught to wash his own hands. More than

this, he may be taught to bathe himself with a very little help from his mother.

If there is no nurse-girl, who is hired too often to "pacify" the children, and who knows that if they cry she will be blamed, they are obliged to develop resources.

I believe the day will come, thanks to BABYHOOD, when mothers will be as anxious as was the old man in the Great Smoky Mountains to hear what the friendly baby "had ter say"; when they will count time lost that is spent away from him, and when they will hire housework and sewing, and delegate all other duties to others, but this one will be their own.

Children who have the companionship of the mother in this large degree will not only become physically self-reliant, but intellectually so. The effect upon character cannot be estimated; the clear, straightforward method of the self-reliant man counts everywhere, and decides that he shall lead and not be led; and who can doubt that the choice for ever possible, in each day of life, between good and evil will be made with greater independence and wisdom if from infancy he has been in the habit of listening to his thoughts, of depending upon himself in a large sense, of being, in fact, at one with himself?

## NURSERY OBSERVATIONS.

**A Pretty Bed-Time Fancy.**—An odd fancy of my little daughter may not be uninteresting to other mothers. From her babyhood I have sung to her, among other lullabies, the little German one:

"Sleep, baby, sleep;  
The large stars are the sheep," etc.

One day, when she was two years and a half old, I heard her singing to her dolly,

"Sleep, darlin', sleep,  
Dream o' snow-white sheep."

My attention was caught, because although I recognized the resemblance to the lullaby, those words had not been used, there being no mention of "snow-white" sheep or any dreaming of sheep. I concluded her auntie must have sung her another song with these words, but on inquiry I found she had not. The child had picked up the words somewhere and put them together of her own accord, though I don't know where she got the expression "snow-white sheep," as I never remember saying it to her. I have a habit of saying when I tuck her into her crib, "Good-night! Sweet dreams!" and after that time she would repeat the words, and add: "Dream o' snow-white sheep." After going through that form every night for a while, she shortened it to "Good-night! Sweet dreams o' snow-white sheep."

It is nearly a year since she commenced it, and it is now just as much a part of going to bed as the evening prayer. After repeating the

magic words she expects me to return the compliment, and, if I fail to, will cry till I come back and say "my piece." Whether bed-time is stormy or sunshiny, the last words murmured, out of tears or smiles, are, "Good-night! Sweet dreams o' snow-white sheep." She has never enlightened me as to whether she really does dream of said animals, but I am quite curious to see how long she will keep up the custom.—*A. E. P., Huntington, N. Y.*

**The Formation of a Baby's Vocabulary.**—The letter of Mrs. Otjen in a recent issue of BABYHOOD interested me greatly, because my boy, now nineteen months old, has never been taught to talk. At six months (I keep a record of his doings and sayings, and am *exact* in stating his age) he made his first articulate sounds, "ma, mam, mama, ma-ma-ma," but did not mean me, as I always spoke of myself as "mother"; and as he made these sounds on various occasions, I concluded that "ma" or "mom" is the first sound baby-lips can make. My boy has been taught only two things—to blow his nose (which he did at nine months) and to say "please," which he did not do till he was sixteen months; now he says it whenever he wants anything. When he was ten months and one week old he said "the-the," for "kitty"; I am certain he tried to say kitty, for he always said it when he saw a cat. Soon after I noticed he tried to say "there" when he pointed to a thing; he also tried to say "O dear!" simply as a repetition of our remark to



that effect. At eleven months old he called his father "ba-ba," accent on last syllable, as I always called him "papá" when I spoke of him to the baby. At twelve months he said "there 'tis" when he pointed to anything. Before thirteen months he said "poo" for spoon and spoon, making the sound of "oo" longer in the latter case, but for months now he has not used either word. His vocabulary at fifteen months was "pu" for "poor kitty" or for any hurt, to himself or another; "boo" for "book"; "bum-bum" for bread and butter; "ung-gung," drink; "a-boo" for "rubber" cow, or "moo-oo oo" for cow—he has not said "cow" for months past; "Co-co" for "Corinne"; "ding-dang" for "donkey"; "bow-ow" for "dog"; "tl" for "horse" (the clicking sound often made by a driver); "cum" for "food," though I don't know what word he tried to say; "I go," when he wants to go out-doors; "up tair," "down tair"; "a-poo" for "Mrs. Pond"; "Anyá" for "Anna"; "tic-tac" for clock or watch; "ding-dang-ding" when he hears a clock strike; "gup" to the horse when he wants him to go; "on-door" for "out-doors"; he sniffed when he heard the words "flower," or "smell," or "handkerchief," or when he saw a flower. At seventeen months his vocabulary contained about twice as many words as these; but at nineteen months he says but few words which he did not say two months ago. I am sure he could obey three hundred orders from his mother, as Sir John Lubbock observed a child of eighteen months to do, since he understands almost everything we say. If it would be of interest to any one I will give his vocabulary at seventeen months and now, at nineteen months.—*Mrs. J. M. T., Montclair, N. J.*

**A Remarkable Memory.**—The following remarkable case of infantile memory is that of an Elmira, N. Y., baby. At thirteen months he was taken into the country and was greatly diverted by the new sights about him. He took interest in the domestic animals, watched the hired man, whose name was John, milk the cows, and became the favorite of that same John. At this time he could not talk, but knew the names of everything about him and understood conversation. After a fortnight he was taken home. At sixteen months he had acquired many words. One day he ran to his aunt (his mother died at his birth) and said, "Cow, cow!" There was no cow near. Again he said, "Cow! cow! mi'k cow!" His astonished aunt asked: "Who milked the cow?" And this wonderful baby, making downward

movements with closed fists, exclaimed: "Don mi'k cow." I have never before heard of a child remembering words heard before he could talk, and speaking them three months later without prompting from his elders.—*Helén Knapp Garrett, West Chenango, N. Y.*

**The Faculty of Observation.**—My little boy, now nearly three years old, has been playing since Christmas, among other things, with a box of two dozen building-blocks (cubes). On each one of these are four different letters or ciphers, and the pictures of two different animals, the names of which I taught him. I accidentally discovered that he can tell what two animals are on each cube by showing him the embossed letter while covering all the rest of the cube; but he has never been taught the letters, and does not know them. Then he has a set of toy dominoes, that also have pictures of animals on one side, which he can name by looking at the points of the dominoes, though he cannot count them. We all think our little boy's accomplishment very wonderful, and listen with interest as he names the animals in the most positive manner. I thought it might perhaps be worthy of your notice, and should be glad to have your opinion, and perhaps that of the readers of *BABYHOOD* who likewise may have noticed a great observing faculty in their children, such as I found in my boy.—*A. O., Centralia, Kan.*

**A Youthful Admirer of Uncle Remus.**—My small son has made himself worthy of mention in your delightful columns, as I think you will agree with me when I give his *mot*. It will only be intelligible to readers and lovers of "Uncle Remus."

Elizabeth, five years old, is devoted to the "Uncle Remus" stories, which I read in their dialect; and though she has never come in contact with negroes, she thoroughly understands and delights in the tales. Norwald, trotting about the room, listens as babies do, and likes to look at the absurd illustrations, and can point out "Bwer Telpim"—which is his nearest approach to "Tarrypin"—and "The day," as he calls "Miss Meadows and the gals." For some time—a couple of weeks—Uncle Remus has been rather in the background, and stories about Santa Claus have been uppermost. At dinner to-day Norwald, who likes to feed himself, struggled vainly to get some minced chicken on his fork, but only a few bread-crumbs remained where the chicken had been. After several vain efforts this small boy turned to me and said: "He diggy, diggy, diggy, but no meat da." The words are an exact quotation from the story

of "How Brer Rabbit saved his Meat." We were so astonished that we made the child repeat his words, which he did, and added, "man in booka." The little fellow is just putting words together, and is two years and three weeks old. Don't you think it an unusual sign of mental vigor, to remember and to apply such a saying?—*M. H. S., Yonkers, N. Y.*

**How Children Connect Ideas.**—When my oldest boy was twenty months old he pushed his dish of oatmeal toward me and said, "Peel it." "What does he want?" I asked; but no one knew, and he himself was able to explain no farther than that I was able to "peel it." After some minutes spent in vain endeavor to get at the nature of the request, I put on a few more grains of sugar. That seemed to please him, but it was not yet "peeled." A little more milk was frowned upon as not being at all what he wanted. Finally in desperation I mashed it with my fork. His face lighted immediately. I had peeled it. The child was satisfied, for his problem was solved; but mine was only begun. Here a distinct idea had been given a name by my child. The name in connection with the idea seemed to be original with himself, yet he was so well satisfied with it that he clung through milk and sugar to that name as representing that idea. Where did he get it? From the source where I fancy all children get new ideas—the big outside world. To explain I must add that, like all children, he was very fond of apples, but I would never allow him to eat one until it was peeled. Often he would bring me one from the plate, and I would always say, "Papa will peel it, then Ralph can eat it." To him, then, "peel" meant to fix for eating. His request to have

his oatmeal peeled was a transference of the same idea from his apple to his oatmeal. Shortly after he wanted his meat "sharpened"—an idea gained from his attempts to mark with a dull pencil. I would explain to him that the pencil needed to be sharpened, which meant, to him, cut with a knife. When he wanted his meat cut with a knife, what more natural than that he should ask to have it "sharpened"? In similar manner my little girl objected to a pillow which had no cover upon it, saying, "I do not want to sleep upon a *raw* pillow." To her the dark color of the bare pillow suggested the dark skins of the raw potato in contrast to the whiteness of the cooked ones. This term she clung to for many months. Now for a complex idea. Last week my baby, then fifteen-and-a-half months old, was in my arms at dusk while her mother prepared tea. She watched the process with her usual interest for a while; then, instead of urging me toward the table, as she often had, she turned and pointed toward the lamp, which was on the centre-table. She not only pointed but urged me toward it. I could not understand her idea, until I remembered that it was our custom, when tea was ready, to move the lamp from the centre-table to the dining-table. Wishing to see if she had that idea in her mind, I took the lamp in my hand to carry it to the dining-room, when she laughed with delight. These instances have led me to think that all of the ideas which children have are connected with something which they have seen or heard. The two former might suggest why it is that rude peoples, having but a limited vocabulary, express several connected ideas by the same word.—*B. F. S., Grand Rapids, Mich.*

## BABY-GIRL.

BY BELLE EVELYN CABLE.

Oh! she is gold without alloy;  
She is a pearl;  
She is a perfect little joy—  
Our baby-girl.  
  
Her tender little ways would woo  
And win an earl;  
She smiles as, mayhap, angels do,  
This baby-girl.

A wealth of flossy, flaxen hair  
Is all a-curl  
Around her dimpled face so fair—  
Sweet baby-girl!  
  
Her voice is like the song of bird  
Or brook's soft purl;  
There's music in each lisped word  
Of baby-girl.

But when she has a "crying spell"  
She makes heads whirl;  
For, gracious me! *how* she can yell—  
Bad baby-girl!



## EUROPEAN NURSERIES.

BY A. F.

I FOUND the European nursery to differ considerably from the American one—more strictly speaking, the Austrian nursery, as it was in Vienna and Prague that I had chiefly occasion to make observations. To touch upon externals: In the first place, it must be mentioned that the dwellings are by no means so roomy as here, flats being the rule, and that four or five rooms constitute quite a large apartment. Hence it is very often the case that a special room cannot be spared for the children, and mamma's must serve as a nursery. Cribs and children's beds are made to meet such emergencies, and are provided with a drawer at the bottom, which on being pulled out at night reveals another comfortable little sleeping-place. When there *is* a nursery it is usually a room at the back of the apartment, looking out on a dark, paved court, really insufficiently lighted and aired. A set of shelves is placed against the wall, usually neatly covered with bright-colored cloth and studded with brass nails, which serves as a repository for the children's toys.

The fashion of relegating the maternal duty of supplying the infant with its first natural nourishment to hired nurses is almost universal. It is set by the royal household, where, for the little new-born prince or princess, emissaries are sent into the country to find some comely, respectable peasant-woman who will consent to give up her child and all intercourse with her family and friends until she returns to them, her mission accomplished, loaded with presents, and with a sort of distinction surrounding her that clings to her for the rest of her life. Bringing up children by hand, or rather bottle, is very little practised. When the children are old enough to be taken out walking, the nurse, or "*Kindsfrau*," is relieved of their care and a nursery governess put in her place. This is almost always a French-woman, as it is thought highly desirable that the little ones should learn to speak French as soon as possible.

At an afternoon Christmas party given by a fond grandmamma I saw a large gathering of children with their governesses playing a kindergarten play in French, "*Sur le Pont d'Avignon*." Even the nurse who had charge of the youngest there, a baby of two years, sang all the words correctly from having heard them so often, though no doubt unable to ask the simplest question in French. At the table to which we were presently summoned the smaller children were given cocoa instead of coffee. As a rule children do not eat at the table with their parents, but have their meals sent to the nursery. Of course I mean very young children. Breakfast usually consists of a roll with milk or very weak coffee; lunch at ten o'clock, of a soft-boiled egg. Then, if the weather be fine, the little ones are taken out. Dinner at one o'clock consists of soup, meat, vegetables, and a light dessert. At four in the afternoon the children get cocoa, boiled in milk, with cake or crackers, and for the evening meal a little chicken or other light, easily-digested meat. This order is kept up all the year round. Going to the country in summer necessitates no change, as people do not go boarding there, but hire a furnished lodging from May till October, take their staff of servants with them, and keep house in great comfort.

As to the manners of the children, they are, as a rule, far more reverent to their elders than are their American cousins. For good-morning and good-night, as well as good-by, papa's and mamma's hands, not cheeks, are kissed, and the greeting to visitors is given in like manner. Playing in the street is an enjoyment unknown to many European children, who must likewise dispense with the delights of sledding and coasting, as the snow is not allowed to remain on the ground in the cities. This is scarcely a matter to be complained of, however, as many evils result from the unavoidable association with ill-bred children which the democratic playground of the street brings about. Children of so-called "higher" families are not even allowed to go



to school alone, and are accompanied to and from it by a servant. On winter mornings this is really an imperative necessity for very young children, as school opens at eight o'clock, when day is scarcely breaking in that far more northerly latitude.

Playthings are in general of the same description as ours, and Christmas a notable and longed-for day in the children's calendar. It is preceded, however, by a trial day, the 6th of December, called *St. Nicolo*, on which there comes to naughty children, instead of good Santa Claus, a horrible black imp called *Krampus*. For weeks before this day the windows of toy and candy stores are made horrible by images of this evil sprite, and I have seen groups of children gazing with horrified yet fascinated eyes at his effigy, built up to an enormous height, of chocolate and ginger-bread, with fiery eyes of red candy. The custom of hanging up the Christmas stocking is quite un-

known—and, indeed, where could it be hung, as there are no chimney-pieces in the rooms?—and it would be expecting too much of Santa Claus to have him enter by the narrow pipe leading from the stove. Christmas-trees, however, are universal, and for a week before that most popular of holidays a regular fair is held at the market-place, temporary booths being placed there, in which all sorts of tree decorations and toys are exposed for sale at astonishingly low prices.

What struck me as the most distinguishing feature between the American and Austrian nursery is that at the latter place the children are left far more to the care of hirelings, and are much less important members of the household, than with us. This probably springs from the fact that home-life is not so much the rule there as here, it being the fashion in many families for the parents to take supper and spend the entire evening away from home.



## THE MOTHERS' PARLIAMENT.

### The Baneful Influence of the Doll.

To the Editor of *BABYHOOD* :

What do the *BABYHOOD* mothers say to this extract from a late article by Miss Willard? "Girls learn the love of dress at their mother's side and at their father's knee. Most of all they learn it from their wretched, heatkenish dolls. Girls are systematically drilled into the lust of the eye and the pride of life, . . . and in this hateful school their teacher is the doll, with simpering face and fluffy hair, bespangled robes and perfect artificiality. The kindergarten is doing no one thing so helpful as to banish this grotesque queen of the play-room."

*Evanson, Ill.*

S. M. S.

### The Home-Training of Nurse-Girls.

To the Editor of *BABYHOOD* :

An article by Dr. Adams in the November *BABYHOOD* on the training of nurse-girls is well worthy the attention of mothers and all who are interested in the care and development of infants and children. But Dr. Adams seems to have in mind particularly those mothers who leave the entire care of their babies, physical, moral, and spiritual, with the nurse, as he advocates a training-school for nurses that will

fit them for such care. That there are mothers who leave their children entirely to nurse-girls we know; but for those who feel a watchful care for both nurse and Baby, and are willing patiently to train and teach the former, this article is more especially written. Nowhere in the duties of domestic life is intelligent service more desirable and essential than in the nursery. Mothers make a fatal error in thinking that a green and ignorant girl, who will come for low wages, will answer their purpose, because she is wanted merely to "take care of the children."

The harm done to the little ones by such servants is incalculable. Let your cook be ignorant and incapable, she can but make your bread heavy or your potatoes soggy; let your parlor-maid be green and untruthful, she cannot do worse than to break your finest vase and say "the cat did it"; but let your nurse have these faults, and how terrible the results upon the minds and morals of the little immortal ones who are so much of the time under her sole influence! It is of the greatest importance that mothers in engaging nurses should aim to secure girls of principle and intelligence. How often we hear a mother inquiring for a young girl to take care of children! If the young girl proves



to be truthful, neat, and intelligent, she may be trained into an ideal nurse-girl, but we fear she seldom receives the judicious training that every mother should as conscientiously give to her nurse as to her children.

In engaging a nurse two qualities are essential, truthfulness and cleanliness. If a girl is habitually untruthful, and you find that she does not improve in this respect after careful reproof and instruction, she is quite unfit for her position. She can never be trusted after having repeatedly deceived. How can you have any surety of your child's whereabouts when out of your sight, or know whether it has had improper and unwholesome food, if you cannot depend upon the word of your nurse? How many nurses are seen daily in our streets, standing talking with friends, while the baby in the carriage is unheeded and uncared for! How can this be prevented if your nurse on her return declares, with an honest look on her face, that they went "straight there and straight back"? Too much stress cannot be laid upon the necessity of truthfulness in a nurse.

Cleanliness is in all cases "next to godliness," but in our servants it is particularly desirable. If you allow your nurse to be untidy, her hair unkempt, hands and nails soiled, not only will she be careless about keeping your child clean, but the child itself will become accustomed to uncleanness and learn to regard it with less and less abhorrence the longer it is habituated to it. Make a careful inspection of your nurse's personal appearance every morning until you have helped her to form habits of neatness; see that her hands and nails are clean, her dress, cap, and apron immaculate. Many ladies have found it advisable to purchase and own the caps and aprons themselves, supplying them to the nurses in such quantity as to enable them always to have a clean one on hand.

Try to help your nurse to cultivate a cheerful, pleasant disposition, and teach her to be patient with the faults and shortcomings of the little ones. A few pleasant, encouraging words each day will do much to aid in this matter, and still more may be done by example. If your nurse sees you impatient with your own little ones, how can you expect that she will do any better? One important thing is to impress upon the nurse that she can be as perfect a lady in her position as you are in yours, and that the being so does not consist in wearing fine clothes or putting on airs, but in a lady-like manner, deportment, and language.

It is imperative that your nurse should always

speak as politely to your child as you wish your child to speak to others. If the nurse says to the child, "Hold your tongue!" or "Give me that now!" the child will, of course, catch the expressions and repeat them as occasion offers; and as you may never have heard such language from your nurse, you will marvel where your little one could have learned such phrases. It is as important that your nurse should say "please," when she asks a favor of your child, as that your child should say it, under the same circumstances, to you.

Presuming that you have been fortunate enough to secure an intelligent, honest nurse-girl, and that she has been under your supervision long enough for you to have confidence in her, a certain amount of freedom with regard to discipline should be given her—to be used always negatively. The nurse should never be allowed to comply with the child's wishes when they are rudely or imperiously expressed, or to do or give anything because the child cries for it. In such cases teach her to quietly and pleasantly but firmly refuse until she is asked politely. No matter how judicious the mother's training of the child may be, if it is not supplemented by a proportionately judicious management by the nurse it is incomplete and the child is seriously injured.

How many children have had frightful or silly stories told them by equally silly nurses, and have felt the injurious effect for years, if not for life! The training-school for nursery-girls as suggested by Dr. Adams would undoubtedly do a great work and be of vast use, but until that is established let each mother train her one or two nurse-girls, and how much good can be accomplished to both nurses and children!

*Newtonville, Mass.*

E. P. W.

### The Proposed Training-School for Nurse-Girls.

#### I.

*To the Editor of BABYHOOD:*

In reference to your article on the above subject, I am glad to be able to assure you of my interest in the proposed scheme of training nurses for well children. There are many things to be considered. In the first place, you must find the girls who are willing to be thus trained, and who have the real fondness for children which will make that training a true use to them and their employer. With a daily family of seventy-five and eighty children of all ages, from a few weeks up to nine years, my work would be sadly incomplete without the service of faithful nurses, whose daily duties, although

most arduous and trying, are performed with patience and accuracy in every detail. This is only accomplished by *training*, which I do myself. If I had the time and facilities for doing so, I would gladly take for a stated period a young girl, and give her the benefit of their experience. If every day-nursery in the city would do the same thing the lives of many little children would be blessed; for I think, beyond a question, that many crippled and diseased children owe their suffering to the ignorance and carelessness of their nurses. I fear the great difficulty would be in finding the suitable young women who would be willing to put themselves in the position of *being taught*. As I very seldom change nurses, I know little about the difficulty, but would fear that might be a drawback. Still, with a well-organized plan of working the whole thing, I do not doubt that the best results would follow.

MARY WILTSIE.

*Grace Memorial Nursery, 94 Fourth Ave., N. Y.*

## II.

*To the Editor of BABYHOOD :*

I read with the utmost interest your article on the proposed Training-School for Nurse-maids, and hope that it will be supported with the enthusiasm such a project deserves. A large hospital experience, both in London and in this country, has convinced me that half the sickness among children arises from ignorance in their care and food, and would therefore be prevented by such a training as is proposed. I shall watch with the greatest interest a further development of such an excellent undertaking.

To organize such a system in connection with a large day-nursery, under the supervision of some one skilled in the care of children both in health and disease, would be very practicable, and would be of great benefit to the nurseries as well as to the nurses.

ANNESLEY KENEALY, *Secretary.*

*Nursery and Child's Hospital,*

*Fifty-first St. and Lexington Ave., New York.*

### **Sleeping on the Stomach.**

*To the Editor of BABYHOOD :*

I wish to say an emphatic word in favor of laying a baby on its stomach to sleep, as advocated in the article in BABYHOOD by Dr. Donaldson. I had read his valuable book, "A Decalogue for the Nursery," before number two arrived. She is now eight months old, has always slept on her stomach, and has been especially benefited thereby. She lies many hours in that

position, turning her head from side to side in her sleep. This she could do at two weeks old. The first six weeks I used to turn her, after she had been asleep some time, upon one side or the other, especially when she seemed restless and any change of position would lengthen her nap. Since then I lay her face downwards to go to sleep by herself, and do not move her at all. Each night she sleeps twelve or more hours. She has derived an especial advantage from this habit which I have not seen mentioned, besides all the other advantages which are claimed for it. She has a thick, broad chest and very straight shoulders. Number one, having slept on his side, and perhaps having inherited a tendency to round, sloping shoulders, has shoulder-blades bent forward and a narrow, shallow chest. Number two has broad, straight shoulders and is splendidly formed, this condition having been brought about by the position named, which forces the shoulders back as they should be.

A. E. P.

*Denver, Col.*

### **Mothers' Memoranda on Babies.**

*To the Editor of BABYHOOD :*

BABYHOOD very appropriately started its New Year edition with the important suggestion that parents should keep a "diary of the more important incidents in each child's growth." Though it is for the first time I hear (from BABYHOOD, January, 1888) that there are special publications, such as "The Mother's Register," etc., yet I have kept for these six years, and am still keeping, a diary of my own. However, I don't claim the idea as mine, for I knew a mother who kept a baby's diary till her baby, a girl, was able herself (in her twelfth year) to record her own daily work and incidents. I will tell you of my way of keeping a baby's diary and of the good results attained by it.

As I have to do all the housework myself, including sewing and washing, and as I have had in these six years three babies, I have no time for nice writing with ink in a "bound book of fine paper," so I make my memoranda on babies with a pencil on plain sheets of paper sewn together; and when a month is over I give these sheets to my husband, who gladly copies them in a bound book. It gives him a great pleasure to go over the life of his little ones and to learn many things of them that happened in his absence from home. For each baby I keep separate sheets, and so we have three bound diaries.

I mark down all incidents more or less im-

portant in my children's growth, so that by my memoranda we can see the gradual development of our little ones—development physical, intellectual, and moral. I am glad to see that *BABYHOOD* suggested exactly the same points of record that I note. When my second baby was born I had had the first baby's diary already two years; and many a time when my new baby caused me anxiety either by some illness or by crying-spells, etc., I turned the leaves of the first baby's journal, carefully read the notes on corresponding cases, and found a great consolation or even a solution of questions that worried me. My third baby has the benefit of my experience with its two predecessors.

Certainly my memoranda are "a private note-book," conducted "with no pretensions," and intended strictly for family use, yet I am sure a series of such memoranda kept by many mothers would have a great scientific value. Baby is yet almost an uninvestigated subject, and no persons but mothers can thoroughly study it and elucidate all the points bearing on the early development of childhood. I will take up here, for instance, one point. My first baby increased in the first year, at an average, exactly one pound per month. I took that for a standard for the other two, and when there was a deviation from the rule I could not be quiet unless I found out the cause for it.

Besides the regular memoranda, at the beginning of the second year I have described in plain verses an average day of each of my babies, noting all the ways and plays and doings characteristic for each of them. I call it "A Baby's Day," and it is very interesting both for me and my husband to compare the "days" of our three babies. My first girl, who is now six years old, frequently asks me to read to her the verses about her describing her as a baby, and she enjoys them very much indeed. I think there are many mothers able to describe their babies' life in verse, and they ought to do it, for otherwise we should have long to wait for some real poet to sing to us about our little darlings.

*Brooklyn.*

A RUSSIAN MOTHER.

#### **A Substitute for Shot in Cleansing Nursing-Bottles.**

*To the Editor of* *BABYHOOD* :

All who have to wash them know how difficult it is, unless rinsed immediately, to perfectly cleanse nursing-bottles. The practice of using shot is considered very pernicious, but there is a substitute which far surpasses it in efficacy and convenience, and is perfectly safe as well. It is a piece of small, galvanized iron chain eight

or ten inches in length. Owing to its tendency to run out it is easily removed from the bottle, one end or the other always finding its way to the neck. When the bottle is coated and very foul, rub soap generously on the chain itself; then a generous shaking with only a few spoonfuls of hot water in the bottle will make it as clear as crystal. Even paint may be removed in this way, though I trust not from a nursing-bottle.

*Rochester, N. Y.*

C. C. F.

#### ***Delicate Subjects.***

*To the Editor of* *BABYHOOD* :

There has already been a protest in *BABYHOOD* against giving totally untrue explanations to children of the birth of their little brothers and sisters, and I would like to relate an instance of the effect upon one child's mind of what she had been told in regard to her own origin by her mother. I will use fictitious names, of course.

This girl of twelve, being angry with her mother one day, remarked: "Well, I don't care! You're only my stepmother, any way, for Mrs. White is my real mother."

"What do you mean?" was the maternal question.

"Why, you said that Mrs. White's first husband was Dr. Brown, and that he brought me to you when I was a baby; so of course his wife must have been my real mother."

Is not this story, which I heard from the mother herself, not only a capital joke but also a lesson to mothers? What must a child think when she finds that what her mother has told her was untrue? How will she believe her implicitly in future, and what lesson will she draw from her mother's example? To be sure, mothers mean no harm by such sayings; but the question is, Are they right?

My own experience in the cases of my brother, sisters, child, and self has been that if the plain truth is told at six or seven, a child takes it as a matter of course and thinks very little about it. I myself knew it even earlier. I remember perfectly well the birth of my sister when I was but five years old, and that I understood it, was allowed to expect it, and looked upon it as the most natural thing in the world. As to my little boy, when I told him about it at six it made so little impression that I found afterwards that he had forgotten all about it.

I have noticed, on the contrary, that where there is a mystery made about the birth of children there is apt to be a perpetual curiosity, which is generally satisfied more or less improperly by other children.



When a child is really too young to be told the truth, the answer, "God has given the baby," seems to me both truthful and satisfactory. Later the plain statement, seriously made, "God makes a baby grow in its own mother just as the fruits grow on the trees," does not excite, according to my experience, the least surprise, and should always be followed by an earnest caution not to speak of it to any one but "mamma."

Establishing little confidences and mysteries like this between a child and its mother must lead to a feeling of sweet intimacy between them which will be perfectly invaluable in the child's future education. A boy who feels that he can speak with his mother of the mysteries of nature, and always get a clear and pure explanation of everything which a boy can be allowed to know, is not likely to try to satisfy his curiosity through the impure conversation of his companions. I once heard of a young man saying that he thought he owed his own immunity from the temptations of youth mainly to the fact that his mother had talked to him at a very early age upon subjects which most mothers would shrink from touching upon with their boys. Her pure explanations of facts which might otherwise have come to the boy impurely had left an indelible impression, which was never afterwards effaced. Of course a mother's own mind must be pure before she can communicate purity to the minds of her children.

X. Y. Z.

*Massachusetts.*

### A Safe Cure for Biting Nails.

To the Editor of *BABYHOOD*:

I have a little girl who used to be an inveterate nail-biter. After incessant appeals to her love for me and her pride in trying to get rid of the little red cushions of flesh that protruded over the nail, I at last got her cured of the habit during the day; but at night, in her sleep, the habit was as bad as ever. I tried bitter aloes, but a *little* did no good, as she simply licked it off and then commenced biting as badly as ever; a larger quantity of aloes affected her bowels, so of course that had to be discontinued. I then tried mustard, but, in the same way, a little did no good, and more would, I was afraid, blister the poor little fingers. Just at this time I was obliged to give her doses of quinine for a malarial trouble, and it occurred to me, knowing the intense bitterness of quinine, to try it. So I sent for twenty grains and a half-ounce bottle of pure glycerine. These I mixed together, making a very thin paste, and applied it every night with a fine camel's-hair brush. The effect was magical, as the quinine bitter seemed to remain on the fingers until she was washed in the morning, and I did not fear her getting it into her mouth, as it was only a tonic in such small quantities. Her joy and pride were something pretty to see, when, after about a fortnight, she came running to me to ask me to cut her nails—an operation that had not been required for more than a year.

*New York.*

MATERFAMILIAS.

## THE KINDERGARTEN AT HOME—XVI.

BY GRACE C. KEMPTON.

### PEAS AND STICKS.

WE have traced Froebel's plan of work in solids and surfaces, also in outline. In the occupations with peas and sticks the chil-

also leading them to intelligent impressions of the point, which the pea definitely embodies. Sometimes wires and tiny cubes of cork are used in this occupation, or tiny balls of clay with the sticks. If peas are used they must be soaked for

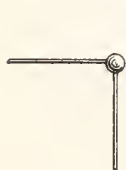


FIG. 1.



FIG. 2.



FIG. 3.

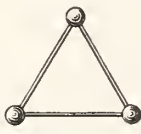


FIG. 4.

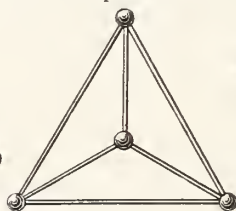


FIG. 5.

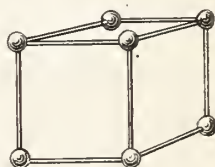


FIG. 6.

dren construct elevated outlines bringing out more distinctly by the varied repetition work which they have been over with the other gifts,

twenty-four hours and left to dry for one hour before they are ready for work.

The child makes first a right angle, making



two sticks meet in one pea, as in Fig. 1; then acute and obtuse angles (Figs. 2, 3, 4). Placing a pea upon each end of the right angle, then

netted surface and framed in neat, strong black walnut are used for this purpose. The surface of the cushion is colored, and the bright heads of

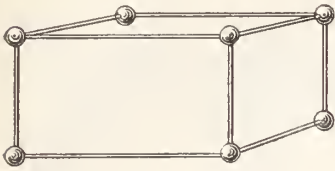


FIG. 7.

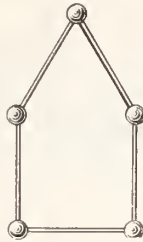


FIG. 8.

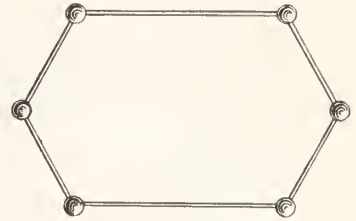


FIG. 9.

joining the two by another stick, he makes a triangle, and from this a prism, which is his first elevation (Fig. 5). The cube in outline is next made, and the brick or other oblong comes next (Figs. 6 and 7). The child may make outlines of a pentagon, hexagon, and octagon (Figs. 8, 9, 10), and from these attempt a circle (Fig. 11). He will by the trying learn to know it better, and to appreciate that a true circle must vary at every point. He may design, using the different elements in combination, as in Figs. 12, 13.

The forms of life are very pleasing to children, and they easily learn to plan them. Fig. 14 gives a chair; Fig. 15, a sofa. Each object is discussed carefully, and the child's thought and observation developed by its means.

the pins give a pleasing result neatly placed on the black lines. The same work is done, the material making the variety.

Lessons in number can be pleasantly given with this material, and designs made upon the surface of the cushion as in the other occupations. Children lacking originality are greatly helped by their possession of the law of opposites, and may be assisted by the mother or kindergartner's directing the foundation of a design, then leaving the child to complete it. As follows: Place a pin where two lines cross, four squares at the right and four squares down; place another pin where two lines cross, one square above the one first placed; place another

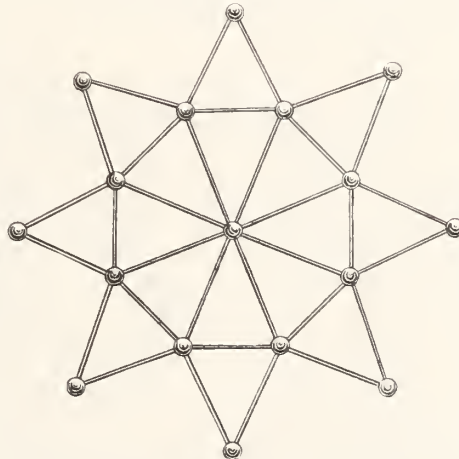


FIG. 13.

the right and four squares down; place another pin where two lines cross, one square above the one first placed; place another

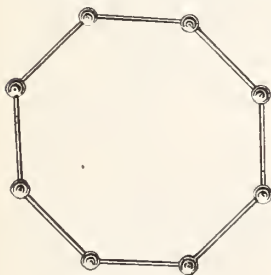


FIG. 10.

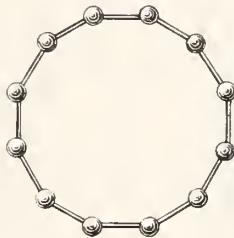


FIG. 11.

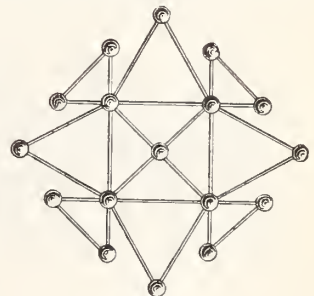


FIG. 12.

#### PIN-SETTING.

The occupation of peas and sticks leads us to less concrete use of the point. Cushions with a

pin one square below where two lines cross, another at the right one square away, another at the left. Now ask the child where he thinks he would

like to place a pin—and then? and so on until the design is completed.

Solid lines may be made by placing the pins

with convenient wooden handles, come for use in the pricking, and children are fascinated with the work.

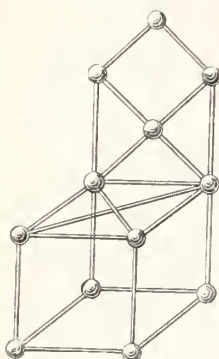


FIG. 14.

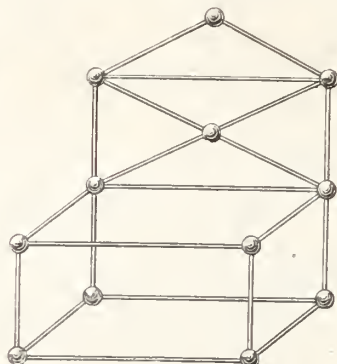


FIG. 15.

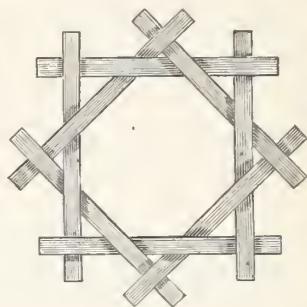


FIG. 16.

close together, giving the child the realization that a line is a connection of points. And a picture of the tablets may be made by uniting these

lines to cover a square inch; thus we illustrate the fact that a combination of lines makes a surface.



FIG. 17.

#### PRICKING.

The use of the point in occupation is in pricking. Netted paper, which is also used for the sewing and drawing, is folded over cards, and the child by direction pricks the patterns which he has drawn and set in the pin-cushions. Also forms of life are drawn upon papers the right size to fold over the cards, and

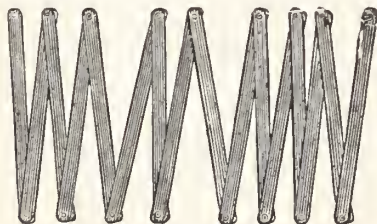


FIG. 18.

the child pricks first its outline and then its surface in holes closely packed; this gives the effect of an embossed surface. Pads of stiff board covered with woolly felt, and coarse needles

As representing the use of the point in the logical sequence of Froebel's plan, it is important that this occupation should be used enough

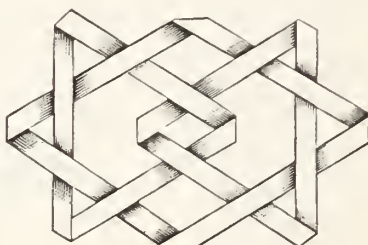


FIG. 19.

to give clear impressions. It is, however, less useful than other kindergarten work, and strain-

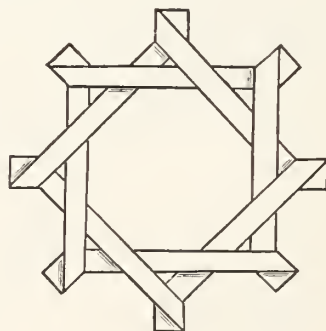


FIG. 20.

ing to the nerves of the head and back if not used with great care and discontinued before fatigue sets in.

## SLATS, STRIPS, AND THE TILE.

A gift not already mentioned consists of wooden slats for geometrical and artistic work, as shown in the illustrations, Figs. 16, 17. Its place is between surfaces and the embodied line.

The jointed slats (Fig. 18) are useful in forming angles and figures. Strips of paper of con-

venient lengths and widths for folding into forms of use or beauty make the occupation related to this gift (Figs. 19, 20).

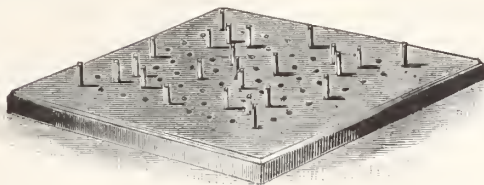


FIG. 21.

The wooden tile (Fig. 21), perforated with holes to receive pegs which come with it, is another way of representing the point.

The pegs are placed in the holes by direction or original design.

## NURSERY PROBLEMS.

## Urinary Trouble.

To the Editor of BABYHOOD:

As a constant reader of BABYHOOD, I come to you in my great perplexity. My little boy, now five years old, is troubled with what seems to be kidney disease, though some physicians think differently about it. I think that he was always troubled with it, though it did not become very noticeable until he was about a year old. For a period of about two weeks he would urinate very frequently and so very profusely that it was next to an impossibility to attend to him, though he would be ordinarily good-natured; then for the next two weeks he would urinate perhaps once or twice a day, and the flow would be scanty, thick, dark-colored, and offensive in smell, and he seemed to have no control over himself whatever. At these times he would be so very, very cross that there was scarcely any living with him. He was nervous, excitable, and sleepless; was continually falling or pulling something down on himself and crying. His face was flushed, and when he cried there were ugly red spots showing under the skin. He grew no better until he was over three years old. Since that time he has outgrown it to some extent, though he still has very bad attacks of it sometimes. There is a difference now, however, for the profuseness, etc., of the urine comes with the irritability of temper.

Now, I have a little daughter eight months old, and she seems to have the same trouble. If any one reading this knows of a similar case which has been cured, I should be more thankful than I can tell to learn of the cure. I have tried physicians again and again, without success. A. M. H.

Newton, Iowa.

The trouble is probably not one that would be properly called a kidney disease, there being no evidence that those organs are unsound. It is, however, clear that they eliminate less liquid at times than at others. The symptoms detailed are, briefly, these: profuse discharge of urine associated with good temper, and scanty, concentrated urine associated with great irritability and nervous disturbance. The dark color, turbidity, and offensiveness of the urine are probably due to the scantiness; that is, the

solid constituents of the urine may be not much different in the two conditions, but the diminished water of the urine when it is scanty makes it concentrated, much as if it has been boiled down.

We get no hint of the cause from what you have written. It is possible that the fluctuations of the urinary excretion may depend upon varying conditions of the nervous system, but it is much more probable that the derangement of the digestive process is at the bottom of the trouble. We do not mean indigestion in the ordinary sense, but in remoter or secondary parts of the process—in the assimilation of the food. The account given resembles the general disturbances seen in adults and older children of the gouty habit of system. Whether in this case there is any recognizable error you can perhaps better judge than we.

**"Pigeon-toe"—Craving for Raw Potato—Constipation and Rickets—Rough Skin—Eating of Ice.**

To the Editor of BABYHOOD:

(1) I have a little girl, five years old, who has suffered from rickets, having been sick all the time during her third and fourth years. She is now in better health, but she walks "pigeon-toed." Can I do anything for this, or will she "outgrow" it?

(2) Is raw potato injurious for a child? Mine are very fond of it, eating it as most children do apple.

(3) I have always been troubled with constipation. I have a baby seven months old. I nursed her altogether, but she has always been troubled the same way. The milk passes in curds, and she will be constive for two or three days, and then for a day or two will have frequent, watery passages, sometimes green and slimy. I nurse her every three hours. My physician said to feed her gravy and yolk of egg; but she has no teeth, and it seems to me if she needs feeding she ought to have something else and not gravy, etc., yet. Does BABYHOOD think it would be better to wean her, on account of the constipation, and feed her exclusively; and if so, what



shall I feed her? I live in the country, and she could have pure, fresh cow's milk. She sits alone and creeps everywhere. Maybe I am unnecessarily uneasy, but, my oldest child having had rickets, I am very anxious to save this one from it.

(4) I have a boy of two-and-a-half, who has always been an unusually robust child. For several months past he has had a peculiarly rough skin. His arms and legs look like "goose-flesh." His skin is clear and he seems well, but the little pimples do not go away. They are white and not much larger than a pin point. What causes it, and what can I do for it?

(5) Is ice, eaten in moderate quantities, injurious to a child in winter? L.  
*Maroa, Ill.*

(1) Examine carefully (and, if still in doubt, have your physician examine) to see if the "pigeon-toe" is due to any wrong position of the foot, or if the knee bows, or whether the whole limb is right but is rolled inward at the hip. If the last is the case the child can probably be taught to turn out the toes. The child having been rickety, it is probable that the "pigeon-toe" is due to or associated with some peculiarity of the bones of the thighs or legs. If so, the question of probable "outgrowing" can only be answered by some one familiar with the case. Some competent observers declare that a certain proportion of cases straighten themselves. Other cases, and probably the majority, require treatment.

(2) How injurious it is to your children we can only surmise, but we could hardly think of anything less likely to be properly digested than raw potato. There may be a need that makes the children crave potato, but the properly-cooked vegetable ought to supply the want as well as the raw.

(3) The peculiar state of the bowels suggests the possible beginning of rickets. Your physician very probably took that into consideration in ordering the gravy and egg-yolk. The absence of teeth should not prevent the taking of gravy when needed, and the yolk of egg can be prepared so as to need no mastication, either by beating it raw with the gravy, or, after boiling, rubbing it very fine, when it may be mixed with the gravy. If boiled, prolonged boiling will make the yolk crumble easily. It is safer to follow the advice of a physician than to reject it on theoretical grounds; he probably has considered these before advising. The child probably may begin its weaning or part-feeding by the time it is ten months old, at any rate. In a country where good, fresh milk is easily had, our preference is for milk diluted with barley or oatmeal water, as so often mentioned in *BABYHOOD*. If this, for any reason, disagrees, other food may be substituted.

(4) We cannot give a definite opinion as to the condition of the skin on the facts presented.

(5) There is no need of the eating of ice. Generally extreme cold is harmful to the teeth. Whether the ice eaten injures the digestion is a question of quantity. It is better to forbid the habit, for, if allowed, the children will eat not only in your presence, but out-of-doors, icicles, snow, etc., and the total amount will be considerable.

#### Slight Gain in Weight—Whooping-Cough—Soap Suppositories.

*To the Editor of BABYHOOD:*

(1) My little girl, now just three months old, only weighs eleven-and-one-half pounds, having gained but three pounds and one-half since her birth. She seems plump and well, eats but little, does not seem to care for much food, and is a lively, good baby. I want to know if you think she is doing all right. I had my milk examined and the doctor said it was all right. I tried feeding her Granum through the nursing bottle, but she will not nurse from a bottle, neither will she take it with a teaspoon. I had fed her only once in two hours, but many times I had to force her to eat, and so finally concluded that her system didn't demand the food so often or she would take it. Two days ago she only took a portion of one breast from nine A.M. until six P.M., and would scream and show the utmost distaste if offered the breast. Now I only feed her when she seems hungry. I have taken pains with her and myself to follow rules of health in exercise and diet.

(2) She has been exposed to whooping-cough, and I fear is just now beginning to show symptoms of having it. Is there anything I can do in case she should have the cough severely?

(3) Is there any danger from the use of soap-suppositories? I have had to use them several times.

*Burton, Ohio.*

H. C. T.

(1) As you state the case there is no evidence that the child has any definite malady. She eats scantily and gains in weight proportionately. If the breast-milk is good in quality and in taste it is better than any other food. Be as regular as you can as to times of suckling, even if the interval is long.

(2) Take the advice of the best physician you can get. It will be far better than advice given by *BABYHOOD* on so slight knowledge as it has of the case.

(3) Not if used gently and well oiled. See illustration of size on page 305, Vol. III.

#### Slow Growth—The Nestlé Food—Imperfect Digestion—Temperature of the Bath.

*To the Editor of BABYHOOD:*

Our baby is five months old and seems healthy and strong enough, but she grows very slowly. She was a good-sized baby at birth, but is very little larger now. Her face and body seem to be fat enough, but her limbs are very thin. She is very white, but the membrane of her mouth and eyelids has plenty of color. We give her Nestlé's milk-food principally, rice-water and farina at times. She



is not a very hearty eater, but retains all she eats—from six to eight tablespoonfuls every three hours. For a time she would not take it so often, sometimes going five or six hours without anything, so I fed her every four hours, which seemed to work better; but now she will take it every three hours, and usually once during the night. She sleeps nicely all night, and two or three times during the day, and is fresh and bright in the morning.

(1) Do you think we need be uneasy because she does not grow faster or get fat?

(2) Ought I to give her milk or cream in any way when it passes her in curds?

(3) What does it denote when a child's stools are a dull, dark yellow and rather grainy, and what makes them bright and glairy?

(4) What is the proper temperature of an infant's bath?

J. G. W.

*Milwaukee.*

(1) Slow growth and want of fat in an infant are always grounds for watchfulness, though not necessarily for anxiety, because they indicate imperfect assimilation and nutrition.

(2) The Nestlé food is generally esteemed one of the better class of prepared foods. The passing of curds is evidence of incomplete digestion. If the child does not improve on its present diet we should incline to use milk peptonized, and to vary occasionally, that is, a meal or two in the day of some other peptone—beef, for instance, if the milk was not altogether satisfactory. But the management of such a case really needs careful medical supervision.

(3) The color is not so much out of the way. The grainy appearance generally means imperfect digestion; the glairy appearance is probably due to excess of mucus in the intestine somewhere, probably dependent upon the irritation of imperfectly digested food.

(4) If the child is to be immersed, one as young and as slender as yours should have it at about 95° F.—at least 90°—and the immersion should be brief.

#### Bicarbonate and Phosphate of Soda—Amount of Nourishment Required for a Child of Fourteen Months.

*To the Editor of BABYHOOD:*

Will BABYHOOD kindly enlighten me on the following points? My baby-boy, fourteen months old, has always been small and delicate. He was weaned two months ago, and on account of his extremely weak digestion I was obliged to add an alkali to his milk, which I dilute with one-third strained oatmeal. On account of his habitual constipation I use carbonate of soda instead of lime-water. I received the suggestion from BABYHOOD, but I am aware that both lime-water and soda were recommended "temporarily to counteract acidity." Now I am becoming anxious about continuing to add the soda, though I still fear to omit it.

(1) Please inform me whether its continued use may be injurious to my little one, and enlighten me as to what bad effects it would produce.

(2) Is phosphate of soda an alkali?

(3) Is one quart of milk, with half as much

strained oatmeal and two tablespoonfuls beef-juice, during the twenty-four hours sufficiently nourishing for a baby of his age?

MAB.

*Brooklyn, N. Y.*

(1) The persistent use of any drug should be avoided, unless there is evident reason for its administration. As to the bicarbonate, we should say that it is, perhaps, as little harmful as any. But its use is chiefly as an antacid rather than a laxative. It is put into milk only to make sure that the latter is not sour and to prevent too sudden curdling. It is safer to have blue litmus paper in the house, with which to test the acidity of the milk, and to add the soda or not as required. Blue litmus-paper is reddened by any liquid having an acid reaction. The druggist who sells you the paper will demonstrate its use to you. The sudden curdling is perhaps better prevented by the addition to the milk of barley or oatmeal water, which act, as is supposed, by mechanical hindrance to the formation of large curds. Soda has a medicinal value also if the stomach secretion is believed to be too acid—it is acid naturally—which is evidenced by hard or large curds or uncommon acidity in the vomited matters, or similar curds in the passages. All alkalis if abused are supposed to have the effect popularly called "thinning the blood," but the soda salts are generally better tolerated than those of potash.

(2) Phosphate of soda has a slight alkaline reaction, but is not counted as an alkali. It is a useful laxative or purgative, according to dose.

(3) It is probably enough if properly digested.

#### Hardening the Nipples.

*To the Editor of BABYHOOD:*

Can you or any of your contributors give me advice as to the best aids for the hardening of the nipples previous to confinement? I have used in the two times I have needed to make this preparation, tannin and brandy, recommended by both physician and nurse as the best thing. But this is very disagreeable to use, on account of the inevitable staining of hands and underclothing. Now that I am needing soon to begin this process again, I would like to know, from the experience of others, if there is anything else as efficacious as the above and free from this objection. I know you have recommended the use of alum for this purpose, but I have been told that in many cases it seems to do no good. Even with the best treatment I suppose I shall always have to suffer with sore nipples, as mine are extremely small, and the effort of the baby to retain its hold of necessity makes them raw and festered. But I want to reduce that suffering to the minimum, if possible.

*Boston, Mass.*

F. M. S.

As you have found your preparation sufficiently efficacious—and it is of recognized value—we think you would do well to make the application in such a way as will avoid staining, thus:

Have the druggist prepare for you a "salt-mouth" vial with a good sized cork. Let a camel's-hair pencil be fastened into or pass through the cork, so that the latter becomes a part of the handle of the pencil. When you carefully uncork the vial the pencil will come out charged with the lotion. Apply this with the pencil. Let it dry quite or nearly, and put over the nipple a thin layer of absorbent cotton, previously prepared, which will absorb any excess. In this way neither the fingers nor clothing need be soiled.

### The Knitted Band—Getting Rid of the Pinning-Blanket.

*To the Editor of BABYHOOD :*

(1) Can you tell me how large to make the knit bands for an infant? I have but one child, and, as he was dressed the old-style way with many bands, I thought that I could do much better with the Gertrude suit.

(2) I would also like to ask how they do with the pinning-blanket—make it like a skirt or leave it off altogether? I suppose that you will tell me to let the band go after the first month or so, but my boy, now eight years old, had severe trouble with his bowels, and if I took off the flannel band he would be much worse. I also used the band to button the stocking-supporters on, using the supporters as soon as he was put in short clothes. He wore long woollen stockings, keeping his knees and legs warm. C. J.

*Charlestown District, Boston.*

(1) A knitted band should be rather loose; one that is tight enough to hold up stockings is too tight. Its only use being for warmth, it should be wide enough to cover the whole abdomen, say from just below the breast to the hips.

(2) One of the merits of the Gertrude suit is that it gets rid of the pinning-blanket.

### Wakefulness at Night.

*To the Editor of BABYHOOD :*

My baby boy is nearly seventeen months old. He has always been a strong, healthy child, with the exception of two or three weeks of the extreme heat of last summer, when he lost his appetite and had some bowel trouble attendant on teething. Since his seventh month he has been fed condensed milk (Eagle brand) and oatmeal, Graham crackers, bread and butter, and occasionally a little fruit, such as apples, bananas, or oranges. He has always been very muscular, has walked well since he was nine months old, is very active, and romps and plays all day long. He has a vigorous appetite and apparently a good digestion, but he is a very poor and irregular sleeper. We put him to bed at about seven in the evening, and if he has taken no nap during the day he goes to sleep in a few minutes, but if he has had a nap of an hour he will be an hour getting to sleep, and not more than half-a-dozen times in his life has he slept all night without waking. He usually wakes from four to six times, and of late he awakens about midnight and frets from one to two-and-one-half hours before he gets soundly to sleep again. Then he is up for a seven-o'clock breakfast. I would like your opinion

as to the cause of this wakefulness, and whether a well child would sleep so little.

*Haverford College, Pa. A NEW SUBSCRIBER.*

You mention no disturbance of health except the restlessness at night. We have nothing upon which to base a judgment in the case except general experience. The things we think most likely to make an apparently healthy child wakeful or restless are these: (1) Uncomfortable digestion, flatulence, etc. (You have excluded any noticeable indigestion.) (2) Thirst, often overlooked; and it is well to offer a drink to a restless child, if sufficiently awake to take it. (3) Too much or too little heat of coverings. (4) Desire to pass water, with hindrance to it for some reason. (5) Pure habit, as in adults; we have seen remarkable instances of this.

### Flat Breasts—Diet for the Expectant Mother.

*To the Editor of BABYHOOD :*

I have been a subscriber and a faithful reader of *BABYHOOD* for the past two years, and would now like to be enlightened on two things:

(1) Why, upon my weaning my boy, did my breasts, which always were round and full, become (to use a slangy phrase) "flat as a pancake"? I have heard of women whose breasts flattened but afterwards became full again. Mine became flat and have remained so, greatly to my annoyance. When my next baby comes will I be able to nurse it? I always had an abundance for number one, who was weaned when eighteen months old.

(2) In the last number of *BABYHOOD* it reads: "The expectant mother should live on the most nourishing and best bone-forming food." Will *BABYHOOD* please lay out a bill of fare to be followed, and name a few articles of bone-forming diet? A CHICAGO MOTHER.

(1) It may be that the excessively long nursing of the first child had an influence on the breast, but it seems probable to us that the following is the cause: Before the breast has ever been developed by pregnancy quite a layer of fat usually covers the milk-gland, giving it its peculiar rounded shape. With pregnancy the gland substance increases in size, and during suckling is quite large, while the fat often disappears to a great extent. With weaning the glandular structure again shrinks, and, the fat having gone, the breast is flat or pendulous. If another child is born, in all probability the gland will again resume its activity and size. But ten or twelve months is generally quite enough for the breast to stand the strain of suckling.

(2) The best bone-forming diet is a generous, digestible general diet. Good meats, bread made from flour which is unbolted, or wheat meal, the other cereals, and milk are among the best articles of food for the purpose, but they

should not be used exclusively, but varied with many other things. Bone-forming is not the only duty of the expectant mother. She must keep her own condition as good as possible; her digestion in good order; her bowels free, etc.; and an exclusive diet of any one kind, unless some special ailment makes it necessary, is injudicious. This, then, may be the general rule: take as varied a diet as you can digest, but let it always contain a full amount of nutriment.

**"Whopper-Jaw"—Colic and Teething.**

To the Editor of BABYHOOD:

My baby is now over ten months old. She has cut the upper and lower central incisors, and is now getting the lateral incisors. The under teeth shut over the upper ones. Is there any danger of her being "whopper-jawed" when she has all her teeth? If so, can anything be done to prevent it? Her mouth when closed appears perfect, though the teeth are as I have described.

Will cutting the lateral incisors give a baby colic? It seems to in her case. I give her capsicum tablets for it. Is there anything better that you can recommend?

M. B. H.

Nahant, Mass.

The projection of the under-jaw, rather than the teeth themselves, usually causes the condition of "whopper-jaw," and it is doubtful whether it can be artificially modified. If the condition continues and appears dependent upon the teeth, your dentist can tell you if their position can be rectified.

The cutting of teeth is charged with many digestive disorders. The latter are, however, now attributed, by those giving attention to such things, more frequently to changes in the development of the digestive organs which occur at the same period with teething. It is, therefore, safer to say such symptoms accompany rather than depend upon teething. Capsicum, the oils of mint and anise in the shape of cordials or the tincture of the drug-shops—a few drops in hot water—and many other things, will relieve colic. Hot water alone is often efficient. Better is it, if possible, to remove the cause.

**Condensed Replies to Various Letters.**

*L. M. C., Tremont.*—The light weight is probably due to want of assimilation of food. The constipation would probably be relieved by the use of some other food. The addition of oatmeal-water or gruel to his present food, instead of simple water, would very probably be useful in this direction; or the use of an extract of malt with the food. We do not think the child's sparseness depends upon the phimos. If the suggestions offered are not sufficient, peptonizing the milk—i.e., fresh milk—should be tried.

*L. E. W.*—As a rule the milk is impaired in quality under the circumstances, the system

being unable to stand a double drain. To this rule, however, there are exceptions, and we can recall some notable ones. The re-establishment of the function generally calls for additional (artificial) nourishment, if not for weaning.

*A. L. B., Hartford, Conn.*—The character of the stool is that usually attributed to "inactive liver." It will probably yield to a proper use of medicine. The diet seems all right, but the prescription for the bowels you ought, for safety's sake, to get from a physician who has seen your boy.

*E. S. W., Osceola, Neb.*—If you are obliged to make the journey while the baby is unweaned from the bottle—or indeed afterward, for her food must be essentially milk for a long time after that—the best substitute for milk is probably good condensed milk—the Eagle brand, for instance. If on your arrival at your destination you cannot get really good cow's milk, you can continue the condensed milk.

*"A Puzzled Mother," Charlottetown, P. I. E.*—Your child's weight is quite up to the average of gain. Apparently the baby does not properly digest its food. We cannot think the constant use of the purgatives less harmful than the daily enema of, say, water and a little glycerine would be. But if the nursing took place every three instead of every two hours, and her thirst were quenched with a little—not too cold—water at other times, and suitable remedies for the indigestion (pepsin, etc.) were given, we should hope for an improved condition of the bowels and stomach. The weaning should not take place until you are convinced that the breast-milk is not suitable, of which there seems to be no particular evidence at present. But the child evidently needs supervision, and it will be to its advantage if it is seen at stated intervals by your physician, who can direct changes in treatment and diet which you should write down. There is no harm in the long sleep at night.

*A. E. L., Newport, Ark.*—The most certain premonitory signs of rickets recognizable by the mother are probably constipation, often alternating with looseness of bowels and the sweating head. The peculiar stools are due to varying conditions of the digestion, particularly to the amount of bile entering the intestine, also to a relative excess, or the reverse, of the amount of milk taken. There are few drugs that we can advise for coughs and colds at that age. Warmth, good air, the insuring of the discharge of mucus from the air-passages by change of posture, are as good as any purely domestic remedies. The use of emetics and expectorants without advice, we think not usually advantageous. If strong, a child of nine months old may have the milk undiluted; perhaps a quarter-part of barley-water would be better. If you mean by "mixed diet" a general diet, it should be after two years of age; if mixed liquid feeding and suckling, it may begin when the breast is insufficient.



## HIGH-CHAIR THEOLOGY.

GEORGIE is four years old. One day the youngster had been taken with a slight attack of prevarication; and wishing to impress upon his infantile understanding the sinfulness of telling fibs, the father related the story of George Washington and his little hatchet, with the remark that George Washington was a good boy and never told a lie. The child sat in deep thought a moment and then said: "Papa, toodn't he talk?"—*Christian Secretary*.

—Little Effie, three years old, went to a strange city with her mamma, to visit uncle, and the next morning was occupied in flattening her nose against the window-pane and satisfying her childish curiosity by gazing at the unusual scenes.

"O auntie! do see this awful homely man!"

"Hush, child! That is Mr. Lord, the mayor. You must not talk that way. He is a very nice man."

"Mr. Lord?" and the little nose presses closer against the glass, while Effie watches him clear out of sight. "My!" with a toss of her little head. "I know he never made me!"—*Lynn Union*.

—Winnie's mother had been combing the little girl's long and handsome but wind-tangled, rompsnarled hair. When the operation was finished—and it was not unaccompanied with several severe pulls—Winnie asked, "Did you get out many hairs, mamma?" "Yes, dear," was the answer, "quite a good many." "Then He'll have to number them all over again, won't He?"—*Harper's Bazar*.

—"Mamma," said little Willie, as he stood looking through the window at the big moon, "do good people, when they die, go to heaven and play on harps?" "Yes, my child." "I sh'd think they'd play on the piano. 'Most everybody can play on that, an' they wouldn't have to learn all over."—*Chicago News*.

—"George," asked the teacher of a Sunday-school class, "whom, above all others, shall you wish to see when you get to heaven?" With a face brightening up with anticipation, the little fellow shouted, "Gerliah."—*Christian Register*.

—"Mamma, where does Dod live?" "Way up in the sky, my child." "Well, then, I seen him yesterday a-tummin' down de telegraph pole wif a wire in his hand."—*Electrical Review*.

—Little Four-years-old was in a state of nervous excitement during a violent thunderstorm a few days ago. Running to her mother, she laid her head in her lap and sobbed, "Oh! mamma, I'se so 'fraid of thunder." Seeking to quiet her, her mother responded: "You should not be afraid, my child. Thunder is God's voice." This soothed the child and she went about her play. In a few moments another tremendous thunderbolt was heard. She dropped her playthings, and in an awe-struck voice inquired: "Mamma, what did God say then? Somefin' awful?"—*Hartford Post*.

—Old lady to professional street Arab: "Do you go to Sunday-school, little boy?" "Naa." "Are you a Protestant?" "Naa." "A Catholic?" "Naa." "What are you, then?" "Merican."—*Christian Register*.

—Bobby was very much impressed by the remark of the minister at church that man was made of dust, "Ma," he said, after a thoughtful silence, "was I made of dust, too?" "Yes," she replied. "Well, how is it, then, that my birthday comes in January? There an't no dust in January."—*Albany Journal*.

—Little Annie was found one Sunday morning busily crocheting. "Annie dear, it is Sunday," said her mamma. "Did you forget?" "Oh! no, mamma," she replied; "I knew it was Sunday, but I am playing that I am a little Jew."—*Christian Register*.

—At a large meeting in West Philadelphia, at which several addresses were made, Dr. McCook introduced Dr. Henry, of the Princeton Church, as "a man whose heart was reputed to be as big as all out-doors." In the congregation was a little fellow who was evidently taking a profound interest in the proceedings, and when he reached home he extemporized a meeting of his own. He gave out the hymns, read the Scriptures, and then introduced the speakers: "Ladies and gentlemen, I have the pleasure to introduce the Rev. Dr. Henry, who has a stomach as big as the world."—*W. P. Breed, in N. Y. Evangelist*.

—A little girl, three years old, attended church for the first time with her older sister. During the sermon she heard the minister mention the name of God several times, and acted as if she knew he was doing something wrong. At last she could stand it no longer. The next time he said it she rose up in her seat, and, pointing her chubby finger at him, she said in impressive tones: "Man, 'top your swearin'!"—*Exchange*.

—The Rev. Mr. B—, of Oregon, has two little boys, Matthew and Johnny, who have been duly instructed as to the exceeding wickedness of swearing. But the seed seems to have fallen on stony ground, for, as their father was getting an armful of wood, he overheard on the other side of the woodpile the following conversation:

"O Johnny!" said Matthew, in a coaxing but somewhat awe-struck tone, "less swear."

"Less!" cried little Johnny courageously.

There was a pause, during which Matthew appeared to be considering how to do it. Then he called out in furious accents: "I swear."

"Tho do I," piped Johnny.—*Detroit Free Press*.

—"You attend Sunday-school, do you?" inquired the Rev. Mr. Smith of Nellie. "Then you must know a great deal about the Bible. Now tell us something nice that's in the Bible here, can you?" "Yeth, thir; Sis hath some dried leaves in it, a pieth of Aunt Jane's weddin' dreth, a pieth of my dreth when I was a baby, thome hair, and Sis's fellow's picture."—*Wheeling Register*.

—A naughty little boy was blubbering because his mother wouldn't let him go down to the river on the Sabbath, and, upon being admonished, said: "I didn't want to go a-swimmin' with 'em, ma; I only want to go down and—see the bad little boys get drowned for a-swimmin' on Sunday."—*Baptist Weekly*.



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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SIX hundred little children, inmates of St. John's Home for Boys, Brooklyn, awoke not many mornings ago to find themselves in a burning building. With an unhesitating obedience that could spring only from habit, they quietly dressed, formed in line, and in three minutes after the first alarm was given were marching out of the house in safety. Especially does this incident illustrate the value to the young of the *habit* of obedience. This was so inbred that, in spite of the confusion and terror naturally inspired by such an event at such a time, the power of habit was even stronger and came off conqueror. Lives were undoubtedly saved by the prompt, unquestioning obedience of the little ones, which had become habitual through constant exercise. Further, the children had also been trained in the line of conduct to be pursued in the particular emergency that occurred. They were therefore forearmed and forewarned. Much can be done even with the very young in preparation for the emergencies that daily beset them. We can accustom the mind of a child to consider such an event as fire as always possible, and frequently rehearse with it the best thing to be done when danger comes.

The communication from "M. J." which appears in this issue we print more on account of the sincerity of the writer and the importance of the theme, than because we believe the alleged facts as given by the "well known daily." We know of no well-managed daily that would print a report

so wild as the one quoted, without verification by some trustworthy correspondent or at least drawing attention by some editorial comment to its wholly improbable character. The days of "scores of people falling to the floor in a dead faint while a seven-year-old girl was preaching" have gone by. There was doubtless a starting-point of fact to the story, but, like the boy who saw more than forty dogs in his front yard, and by the papa's persistent questioning reduced them to "our old Rover and another dog, anyhow," we opine that the story of the wonderful revival would, at the hands of competent witnesses in court, develop the fact that the tainted air of a crowded room had caused some one in poor health to faint—perhaps more than one; and that a "speech" was being made at the same time by some unfortunate child whose culpable parents had neglected to provide healthful and wholesome occupation or amusement at home. The statement that "*some* of the most reckless men in the neighborhood were converted" is on the safe side; all were not, for the reporter was not, or else his conversion was barely cuticle-deep.

But we certainly will not take issue with the excellent moral drawn, which is just as sound as if the story were unquestionable. As the mother said to the small boy when, after administering a severe whipping, she found the offence had not been committed, "Well, you can take it, anyway, for some time when you deserved it and didn't get it!"

The straightforward and reasonable account given of the other revival, in "M. J.'s" own city, furnishes text enough; and there is little better missionary work for all right-minded fathers and mothers than to discourage, by every means in their power, the attendance of very little children at any revival meetings that may take place in their neighborhood. There need be no appearance of inconsistency between this and the most earnest and effective religious work.

The introduction to Steele's *Hygienic Physiology* contains this passage, which is well worthy of frequent republication:

"We are furnished in the beginning with a certain vital force upon which we may draw. We can be spendthrifts and waste it in youth, or be wise and so husband it till manhood. Our shortcomings are all charged against this stock. Nature's memory never fails; she keeps her account with perfect exactness. Every physical sin subtracts from the sum and strength of our years. We may cure a disease, but it never leaves us as it found us. We may heal a wound, but the scar still shows. We reap as we sow, and we may either gather in the thorns, one by one, to torment and destroy, or rejoice in the happy harvest of a hale old age."

This suggests the reflection how inevitably the violation of some of nature's laws is punished in infancy. The early months and years are passed in an education of what not to do to escape certain perils that lie in wait for unsuspecting feet. The keen, bright blade that cuts, the glorious flame that burns, the ill-timed haste that results in a grievous fall and a thousand other things, instruct in a forceful way that has no parallel in our adult experience. So bad habits have their punishments, too. Sins against digestion are not always atoned so promptly as some others, but the penalty is none the less sure, and parents cannot escape responsibility for the consequences of allowing their little ones to trifle with what may seem to be a "good stomach," in violation of well-known hygienic laws.

We hope that none of the wards of BABYHOOD used milk bought of Albert Bottger, of 254 West Forty-seventh Street, on the 30th of January last, for the inspector who visited his store at that time found him selling milk

that was adulterated by the addition of 62 per cent. of water, or water that contained 38 per cent. of milk, just as you may choose to state it. This means that in a can of forty quarts of alleged milk there would be, at this rate, twenty-four quarts of water! One-half plus one-tenth of the entire contents. It is gratifying to be able to state that he was promptly convicted, March 5, in the Court of Special Sessions, and fined \$250—the utmost limit of the law. Bottger must be related to the retired milkman who said he never saw a pail of water without feeling an irresistible desire to pour a little milk in it.

A recent case of diphtheria traced by the attending physician to the fondling of a dog that came from an infected family, calls fresh attention to animals as carriers of disease germs. This is a danger all the more insidious in that it may be so generally and secretly working. Again, it seems entirely possible that the animal itself may be susceptible to the disease. A case is reported in the *British Medical Journal* of whooping-cough affecting a cat, as related by a mother whose child was suffering from the disease at the same time. Dr. Earp, of Indianapolis, tells us of a poll-parrot who was the cherished pet of a child sick with diphtheria. The child petted the animal constantly during its illness, kissed it, fondled it, and fed it "sweetmeats from its own mouth." The parrot soon sickened, drooped, and died, manifesting, so far as could be judged, characteristic symptoms of diphtheria.

In a recent address before the New York Academy of Medicine on "The Family Physician of the Future," Dr. Andrew H. Smith makes many excellent suggestions:

At the birth of each child every important circumstance connected with the event, as also with the subsequent lactation, should go upon record. The progress of dentition; the age at which the child walks or talks; the closure of the fontanelles; the particulars of the vaccination—all should be entered in due order. The occurrence of one of the contagious diseases of childhood should be the subject of especial care in recording. The source of contagion; the duration, character, and intensity of the complications, treatment and associated disease, ailments—each should be carefully noted."

This record is to be made by the physician,

and is to form a page in the careful medical history of the family that it will be his province to keep, for his present and future guidance.

"But the value of such a record would not end with the subjects of it. The next generation would profit by it, perhaps, as much as the present. Heredity is an influence the power of which it is difficult to estimate, for the very reason that the absence of such records as I propose prevents our tracing it backward in the family history. With such a record, however, we should know from the history of the parents what to expect in the children, and the timely use of precautionary measures might avert a great deal of suffering and disease. Dr. Holmes has said that the proper time to begin the treatment of some diseases is a hundred years before the birth of the child."

As the child increases in age he continues to be the subject of careful observation; his clothing, food, habits, etc., being regulated by the doctor according to the needs of his physical condition. The necessity of cultivating in children the habit of obedience, from the physician's standpoint, is pointed out in the following words :

"Parents should be made to understand the supreme importance to the future health of the child of making obedience the first habit to be acquired; and also that this can be done, without the least harshness, by beginning at the first moment of intellectual consciousness. Many a child's life is sacrificed by the opposition of its untrained and untamed will to the means necessary for its relief in sickness. Brute force applied to a sick child is a terribly poor substitute for the gentle yet absolute control which the habit of unhesitating obedience places in the hands of the parents. And not only so, but the vigorous means which may be thought necessary, as the child grows older, to break its will and enforce parental authority, may have quite as bad an effect upon its physical and mental health as upon its moral nature."

Beginning with this number, *BABYHOOD* will be issued simultaneously in London and New York. Some years ago a well-known Congressman asked: "What have we to do with 'abroad'?" and the derision which followed the question made it for a while a political by-word. *BABYHOOD* was not long in learning that, at any rate, *it* had a good deal to do with "abroad," since it was soon demonstrated that there were babies, babies everywhere, whose parents were studying their welfare in every detail; and the magazine's readers will testify that some of its most interesting and valuable communications have come from various foreign countries, even to the antipodes. So cordial a

welcome has always been given to the journal abroad wherever it has accidentally made its way, and so considerable a foreign subscription-list has grown up, that it has now seemed desirable to establish an agency in England, that the work of publishing may be facilitated by division, and as thorough an organization be effected there as has been in operation here, excepting that the editorial management, of course, remains in New York. Subscribers in or near Great Britain may, therefore, hereafter deal directly with the London office, 92 Fleet Street, and save several days in transit; and we have good reason to believe that the magazine will in time become as well known and have as many readers on the other side of the Atlantic as on this.

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We make the above announcement here because we feel it to be something more than a mere matter of business; we believe that our readers will be pleased to know that the circle of their acquaintance—though not personal, none the less valuable—is to be so largely extended. We receive repeated assurances that these pages have been the means of help and encouragement untold, from the mere fact that mothers and fathers with like experiences have been able to compare notes from distant parts; and that they have derived therefrom a sense of personal attachment, as of membership in one large family. So we feel sure that, as *BABYHOOD* begins its monthly visits to a much larger constituency, it will carry with it the cordial greetings of all its American readers. And now, for *BABYHOOD*'s babies the world over

"May good digestion wait on appetite,  
And health on both,"

that they may laugh more and cry less than any babies before known; and may the embryo rulers and diplomats of the future become equipped with such physical and moral health that international quarrels shall be no more, so that *BABYHOOD* may prove to have been a factor in hastening the time of world-wide fraternity, peace, and good-will!



## CONCERNING BED-WETTING.

BY J. B. BISSELL, M.D.,

*Instructor in the New York Polyclinic; Attending Surgeon Bellevue Hospital, Out-door Poor Department.*

SO many questions regarding the common childhood trouble of wetting the bed have reached BABYHOOD that a somewhat extended article on the subject has been thought necessary. Books and papers written on this subject for nursery use do not by any means cover all the points brought up by these questions, most of which are of great practical importance, continually present themselves to parents, and are therefore worthy of discussion.

### Natural Causes.

Before taking up the consideration of the subject it is well to review the conditions which normally cause children and infants to empty their bladders oftener than grown-up people. The bladder in early life differs in size, in shape, and in situation from the same organ in the adult. The



FIG. 1.—ADULT'S BLADDER, DISTENDED.

appreciation of this fact is vital to a proper understanding of our subject. The bladder is of course smaller than in a grown person. It is more elongated and somewhat bottle-shaped, the bottle being suspended upside down, with the mouth as the most dependent portion; thus the contents are constantly pressing directly upon the outlet. The

adult bladder is larger and more globular in shape, the opening being to the side, so that in the adult there may be a considerable amount of urine present before this outlet receives any pressure whatever; while, from the position of this orifice in the child's bladder, there is all the time more or less weight at this point, increasing steadily as the quantity of urine in the organ increases. These relations are shown in the accompanying cuts.

Urine is kept in the bladder by means of a band of muscles surrounding this outlet. When urination takes place this muscle, called the sphincter, relaxes and allows the neck of the bladder to open and the urine to flow out. This muscle partakes of the general muscular weakness in children, and in the profound sleep quite common to childhood often becomes relaxed, with the result of wetting the bed. Here we find, therefore, a sufficient explanation without looking for any disease or weakness of the bladder. If older people were subject to the same condition they would probably do little better. There are other causes, however, of this difficulty in children, which, while perhaps not as physiological as the above, still are more or less normal at this time of life. The lining membrane of the bladder, almost always irritable in infants, is therefore a cause of frequent urination. From the nature of the conditions just described anything which increases the amount of urine increases the difficulty of holding it. Of course the great quantity of



FIG. 2.—INFANT'S BLADDER, DISTENDED.



fluid that the infant takes in nourishment greatly increases the supply of urine.

**Heredity, Phimosiis, Pin-Worms, Rickets, and Other Causes.**

Bed-wetting in some cases is hereditary, one or both of the parents having been troubled with it late in childhood. The urine sometimes contains crystals which, by their irritation to the sensitive membrane of the bladder, cause it to continually empty itself. Dentition and disorders of the digestion are causes. It may be that the children have been allowed by negligence to contract the habit. This, however, is rare. The child itself, even if neglected or improperly cared for by the nurse, unless absolute cruelty is practised, usually by its own effort will not allow itself to acquire this habit. In boys a condition of tightness and constriction of the foreskin, called phimosiis, may be a cause of a nocturnal escape of urine. This is due to a curious physiological law, known as reflex irritation. Pin-worms in the rectum may operate in the same manner to irritate the bladder-neck. In nervous, delicate children, even late in childhood, fright or a sharp scolding will cause a sudden loss of control over the nerve of this sphincter muscle. It will relax, and urine will of course escape. Again, scolding or frightening such a child because it has wet itself will increase the trouble. In any poor condition of the health this muscle partakes of the constitutional condition. For instance, in that very common disease among children, rickets, the muscles are flabby and weak, and the bladder-muscles, from this cause, as well as from the digestive disturbances of this disease, are usually affected. Certain diseases of the brain and spinal marrow have bed-wetting as a symptom. This does not appear till late in the original disease. To relieve bed-wetting due to these conditions it is only necessary to direct attention to the cause.

**The Period for the Cessation of the Trouble.**

Bed-wetting in the first months or years of life is, of course, natural, and does not interest us. What we wish to consider is

bed-wetting after bed-wetting should cease. It is difficult to state a fixed time at which this should be the case. Mothers get the idea that there is a certain period beyond which there should be no wetting the bed, and, if there is, then the cry is that the child has kidney weakness or bladder disease. We have just seen that there are plenty of reasons why children often wet the bed rather late in early life without having any serious disease or weakness. It is generally thought that when a child begins to walk he has reached the age of bladder control. So that if he, at that time, urinates at night without first making known his desire, medicine to remedy this is wanted. Some children begin to walk and talk earlier than others, but we do not give these latter medicine for their backwardness. In the same way, some children get over this trouble of wetting the bed earlier than others. Understanding something of the physiology and anatomy of child-life from what has been stated already, it is easy to see that the child will cease to wet the bed as he ceases to take a large amount of liquids in his food, and as the shape and relations of his bladder approach those of the adult bladder. It is, therefore, absurd to give an eighteen-months-old baby a large quantity of milk or water at his supper just before going to bed, and during the night water if he is thirsty, and then expect his urine to be retained eight or nine hours longer than, under much more favorable circumstances, an older person could do.

**Comments on Questions.**

After this preface it will be easier to consider some of the questions which have reached BABYHOOD, and which we shall take up *seriatim*.

The first is as follows :

"A healthy boy of five wets the bed once or twice every night. Is there not some invention, as a rubber pouch with drainage-tube, or anything else, which will keep the bed and night-clothes dry?"

In answer to the latter part of this question, we wish to say that if there is such an apparatus it ought never to be used on a healthy boy. It would be the surest way of

teaching him the habit. At his age, supposing him to be a healthy boy, with none of the causes already mentioned present, the remedy is to take him up once or twice at night at a stated hour and place him on the chamber-vessel. He should be made to understand why this is done, and it should be gently but firmly insisted upon. In a very short time he would understand why this was done, and make known his desires or get up himself when necessary.

"A girl of two wets herself at night, and occasionally through the day. Her little brother, aged three, wets the bed at night. Both are stout, strong children, evidently perfectly well. The little girl has just taken off braces for a weakness in her spine. The mother of these two children had the same difficulty till fifteen or sixteen, and was left to outgrow it, and wishes to spare her children the mortification she experienced. Is this a weakness, and, if so, what is the remedy?"

It is not necessarily an evidence of weakness that the little girl should have this trouble. As her brother is clearly getting better, she probably will do so also. Heredity is possibly the cause in these two cases, though the fact that braces for a weak back had to be worn is, in a child of two years, pretty good evidence that she is suffering from a mild grade of rickets, and the bed-wetting is a result of this. Treatment of the constitutional disease will cure the local trouble.

"A little girl twenty-seven months old is wet half the night: sleeps all night, but is more or less restless. Is there no danger to her from absorption of substances which nature has discarded?"

No. There is no danger from such a source. The urine is much more readily absorbed into the surrounding garments and bed-clothes than into the skin. Besides, the amount of deleterious substance in the urine at this age is very slight. Soft woollen or flannel garments should be so arranged as to absorb the urine when discharged. It would be well in all such cases to raise the lower part of the bed slightly, so that the child sleeps with the hips somewhat higher than the abdomen, tipping the urine away from the neck of the bladder, and thus taking the pressure off this point. She should abstain from fluids for several hours before retiring, if possible. Any

apparent cause should of course be removed.

"A baby otherwise healthy resembles its mother in being constitutionally thirsty. During the evening, and sometimes at night, it asks for a drink and gets it. It wakes in the morning wet. Shall water be refused the thirsty lips?"

This question, like those which follow it, is a very practical one, and interests us entirely from that point of view. In every case the infant is from twenty months to two years of age. There is no doubt of what will happen if you fill a pitcher full to the brim with water and then continue to pour more into it; so with this baby's bladder. The remedy here, then, if one is to be used, is with regard to the thirst, and not to the bed-wetting. It is not necessary to give the child a drink each time to quench its thirst; simply wetting the lips and mouth will relieve it, or it can be taught to hold the water in the mouth a moment and not to swallow it. As the child grows older the bladder will hold more and it will drink less.

"A baby wets herself through the night without waking or even stirring. Would not taking her up through the night teach her a habit of light sleeping and easy waking? Further, the mother, who almost gave her life for the baby's, is just beginning, after long months of nervous sickness, when sleep came only at the beck of opiates, to sleep peacefully and naturally. The baby helps her by sleeping quietly till half-past six. Is it a wonder that the mother thinks, 'Let her wet herself, if only I can get my precious, needed sleep?' There is no one to whom to delegate the nightly care of Baby. What is the best to be done?"

To the first query the answer is, No. It would not necessarily teach the baby a habit of light sleeping after she is old enough to be waked for this purpose. But suppose it would, what of it? The second part of this question relates simply to the practicability of carrying out the best measures. There are exceptions to every rule, and this is evidently one of them. It is simply a case of "circumstances alter cases." The question answers itself. In such a case of affairs let the baby wait till the mother is strong enough to take care of it. In the meantime, without any detriment to her own convalescence, considerable can be done for the baby.

Another mother lets her baby sleep in a

room warmed from an adjoining room. He sleeps there sweetly and healthfully all winter long. She dares not take him up in this room for fear of a cold. If he is taken into a warm room he becomes very wide-awake and cross. What is to be done? If he sleeps peacefully, healthfully, in the name of common sense let him alone. It would be very stupid to wake up a child who sleeps so comfortably and soundly. Postpone his reform till summer and he will not be exposed to cold.

Another mother complains that it wakes her baby completely to put him on a vessel at night. He screams and kicks and won't sit there. If he does it is in vain. The baby cries long after he is put back to bed, and as soon as he gets to sleep wets himself, and, worst of all to this mother's mind, after this very conscientious carrying out of the rules the father raises the query if "that pays." Indeed it does not. There is something wrong with the management. There should be very little or no show of force in these cases. For the present the baby has the idea in his little head that this nightly performance is a species of torture, which he proposes to resist with all his small might, and it will take a long period of kindly treatment to get these nightly frights out of his mind. The mother must now desist entirely for some time to come from any attempts in this direction. Wait till he has forgotten the terrors of the past. When he is somewhat older, and can better realize why he is taken then, with care and gentleness, by words and looks, make him understand why he is taken up, and he will soon be ready enough to respond to nature's prompting.

"A baby goes to sleep at 9.30; at five every morning he wets himself, but falls asleep again immediately and sleeps till 6.30. The father and mother work hard and both need their rest. If the baby is taken up at four he wakes thoroughly, and neither father nor mother gets any more sleep."

Here are simply two evils to be considered—loss of rest on the part of the parents, or wetting the bed by the baby. There is no way out of it for the baby. His bladder will not hold the amount of urine that will accumulate between 9.30 at night and 6

every morning. "Of two evils choose the less," would be a good rule to follow here. It seems to us the bed-wetting in this case is a small evil, as compared with the loss of rest by the parents. When the baby is old enough to be reasoned with, a little good judgment, will, we are sure, relieve this mother of her difficulty.

"What shall be done with the twenty-months-old baby whose chief article of food is milk? He likes nothing so well, on nothing else does he thrive so well. Milk-toast and everything of that nature he abominates, and bread in his milk he will have none of. 'Give him all the milk he wants, and be thankful he wants it,' say doctor and experienced friends. He wants two cupfuls, with a small slice of bread and butter, for his half-past-five supper. He is soaking wet before his mother comes up-stairs at half-past nine, as he is again during the night. Shall he be sent to bed on dry bread? Or, as his father strongly advises, shall his reform be deferred till he is old enough to go without milk for his supper? And when will that be?"

In this case it is of course not to be expected that this baby should be sent to bed on dry food. He is too young to be cut off from his milk diet; but it can certainly be a little more judiciously arranged. Let him be placed on the vessel at 9.30, or whatever hour it is that he first wets himself. If it is practicable and the child is old enough, he can be taken up once in the night. If for any reason this is not possible and he sleeps soundly and well, let him alone and defer reform to the proper time; when that time is, as has already been said, it is difficult to state exactly. It depends very much on the particular child under consideration. Whenever he can be made to see the difference between right and wrong, between cleanliness and uncleanness, when he sees that he can control the cause of his discomfort and he appreciates that a little care of his own (troublesome to him at first, to be sure) will make him comfortable, then he has arrived at the time for reform. As soon as this can be done with the quietest kind of coercion, if coercion is necessary at all, then has that time arrived. This can only be learned by experience and careful watching. Of course there may be vicious children whom it is necessary to teach by means of corporal punishment, but such cases are extremely rare.





## BABY'S EYELASHES.

BY CHARLES H. MAY, M.D.,

*Visiting Ophthalmic and Aural Surgeon to Randall's Island Hospital; Assistant to the Eye Department, Vanderbilt Clinic, College of Physicians and Surgeons, New York, etc.*

LIKE the outpost of a camp, serving to give notice of the approach of the enemy, the eyelashes stand guard over one of the most delicate and important organs in the body—the eye. Considering the constant use made of the latter organ, and, from its very function and necessarily wide latitude of motion, greatly exposed position, it seems wonderful that the eye is not more often the victim of accidents and other external harmful causes.

The explanation of this circumstance is found in the consideration of the numerous methods of defence which the eye possesses. First, its position, more or less sunken into the depths of a hollow cavity surrounded on all sides by a hard, bony wall, is one especially advantageous in repelling violent forces of all kinds while it performs its duties; and then, as allies in this system of defence and preservation, it depends upon the eyelids, eyebrows, and eyelashes.

### Purposes of the Eyelashes.

Defensive as well as ornamental, the eyelashes serve to assist the eyebrows in preventing perspiration from falling into the eyes; they form rows of barriers which catch dust and other foreign material, entangle them, and then keep them from encroaching upon the surface of the organ of sight; in both of these functions they are helped very materially by the rapid movements of the eyelids.

### Length and Beauty of the Eyelashes.

The eyelashes differ very much in length and fulness in different children, and such

variability is often a family characteristic; thus, we often observe that all members of a family will have eyelashes which are noticeable for their length, fulness, and beauty. In general it may be said that the lashes of the eyes of females are longer than those of males; but when the peculiarity of the lashes is a family attribute, both sexes are apt to be affected alike.

If Baby is a boy, the length, fulness, and general beauty of the eyelashes will not give the mother so much concern; but if of the other sex, this is always a matter of some anxiety to the mother, lest they should always remain short and thin. Yet very long lashes are not always beautiful, for there is at least one variety of such lashes which is an accompaniment of a peculiar and very undesirable state of the system of the infant.

### The Practice of Cutting the Eyelashes.

But the mother, not always content with the length and characteristics which nature has bestowed upon the eyelashes of her baby-girl, often seeks to improve matters. She reasons that the hair is often cut with an apparent effect of causing a succeeding lengthening; the eyelashes being hair, it is natural to ask, why should they not be subject to the same rule? Nothing can be more unfortunate than the execution of this practice. The eyelashes are cut and soon regain their natural length; rarely do they grow any longer as the result of such interference. But when the lashes have regained their original length, it is discovered that the experiment has resulted in the loss



of very desirable attributes—the lashes have lost some of their original grace and elasticity.

#### Structure of the Eyelashes.

Looked at under the microscope, the appendage to the lids of which we are speaking presents the usual appearances of a hair—a more or less hollow tube with a bulb at its attached end which naturally fits into the root, and a tapering point at the opposite extreme; upon the character of the latter much of the utility of the eyelashes depends. After being cut the lashes lose this graceful and tapering point, and become more or less club-pointed; they become stiffer than they were, and are now not as well adapted to carrying out their original function as they were before this cosmetic operation was undertaken.

#### Falling out of the Eyelashes.

Just as some of the hairs of the scalp fall out from time to time—and this may be taken as a natural process—the eyelashes may be observed to become detached from

the eyelids in varying numbers; this is physiological, and unless caused by some apparent disease of the lids, involving the roots of these hairs, they are replaced in a period of from three to four weeks.

The oculist is often asked: "What can be done to promote the growth of the eyelashes and to make them beautiful?" It may be disappointing to have to say that there is no method of accomplishing this when nature has decreed otherwise; but such disappointment will be far less than that which follows as a result of cutting them. A little *white vaseline* applied in very small quantity occasionally may increase the beauty somewhat by preventing excessive dryness; but beyond this *the eyelashes should not be interfered with in any way*. The most frequent cause of diminished beauty of the eyelashes is disease of the eyelids; this always manifests itself by unmistakable symptoms, but, since such disease cannot be treated by the mother, its consideration would be beyond the scope of this article.

## WHAT NOT TO DO.

BY CLARA W. ROBINSON.

ONE of the most important, and yet seemingly one of the hardest, lessons for busy mothers to learn is what *not* to do. Every mother of little children who has but little help and moderate means must always find many more things that seem necessary to be done than she has time and strength to do, and it is important that she choose wisely which she will do and which neglect.

If she does too much she wears out her own strength and indirectly that of her family. If she does the less important and neglects the more important, she directs the thought and energies of her whole family into trivial and unworthy channels.

One of the worst tendencies among women of moderate means is to do too much. Many mothers of families have I known,

and doubtless every one can say the same, who at fifty, just the age when they ought to have been in their prime and to have enjoyed the fruits of their labors and sufferings, and when their children needed them as companions in their work and pleasures, were broken down women, either invalids or at least very near it. This is a sin not merely against the women themselves but against their families. As I look around among my middle-aged acquaintances, the women who are strong and well, who are not obliged constantly to give up duty and pleasure on account of ill-health, are wofully in the minority. Sometimes this comes of necessity, but often, partially at least, from their own lack of wisdom. Most of them would say that they couldn't do otherwise,

and would be horrified at the suggestion that the rooms shouldn't be dusted every day. Yet who would be the worse if the infinitesimal layer of dust that collects in a day were allowed to remain another day, or if the windows were not washed just so often? Who would be the worse if a desert was sometimes omitted in great press of work, or the family supped occasionally on simple bread and milk? No one. In fact, all would be better off. No one would be the worse if the children's clothes were plainer or some of the elaborate bits of fancy work left undone. Men might have a few less tidies to execrate, but that would be a gain to the family peace. A rosy, smiling face on the mother would be pleasanter to look at than all the pretty knickknacks one could crowd into a room.

And, furthermore, many a child born of a tired-out mother has suffered for it all its life. Is not that a sin on a mother's part? No mother has any right, if she can in any way help it, to bequeath a legacy of ill-health and suffering to her child. It is, too, simply a patent sin for a pregnant mother to overwork herself. It is a strange and twisted conscientiousness which looks only at present petty details instead of at future larger ends. Study, and study earnestly, to see what things you do that are really unimportant, and then omit them. My old college professor in moral philosophy used to say that it was possible to be extremely busy doing nothing, by which I supposed him to mean that there was danger of feeling that we were doing something when we were occupied about what was of no real value whatever. For some reason that saying of his stayed by me and proved a warning more than that once. Not that I mean to encourage slackness or laziness, but in many families I have seen things done constantly, absorbing much time and strength, that were absolutely unessential to the comfort or happiness of the family. Study to economize time and strength as well as money. Their waste is more sinful than that of money. Look at it in the light of a duty to your children as well as yourself.

It is a mistake, when one has but one servant, to emulate those who have more, and to overwork one's self in order to keep one's house as perfectly and serve as many courses at meals and dress one's children as finely as do those who have more help. One of three things must certainly be neglected: your children's welfare, your own health (and indirectly, through you, that of your children), or your housework. Who will question which of the three is the least important?

Here it may not be amiss to suggest that economy in the matter of hired labor should be one of the last economies a tired mother ought to practise. I know more than one family that has many luxuries and economize by going without needed help. The consequences are almost invariably irremediable. One such family I knew where the daughter instead of the mother was the victim. Further, many a woman who tries to save herself does the less important things and neglects the more important, either from ignorance or lack of thought. One mother, who hadn't time and strength, she thought, to give her little son a daily airing, yet rigidly adhered to several less important things. Another young mother of two rollicking baby boys, who says her boys are almost too much for her, and often looks tired, and seldom reads, made during the winter a crazy quilt of elaborate design. Something entailing one-tenth the work would have served the purpose just as well, if indeed any quilt at all was needed. Women often argue that they do those things in odd minutes when they couldn't do anything else. That may be partially so, but the odd minutes are often better spent in resting; and almost invariably when once started on such a piece of work one gets so interested in it that it consumes a good deal more than the odd minutes. Then too much of it makes one like a toper with drink, unable to resist any novel device. A mother has no right to use up her strength in such ways. Her children have a right to the best of it.

To sum up all, tired mothers, study to learn

what parts of your daily programme of work may be omitted without detriment to the highest good of your family, and then omit them, using the time for rest. Study carefully to see if you do not do some unnecessary things which if left undone would leave time for that haunting duty which you feel is

important and ought to be done. Remember, too, that if you use all the odd minutes in little useless things you will have no time for reading, without a certain amount of which you will certainly grow rusty and be unequal to the pleasant duty of directing the education of your dear ones.



## THE SIGNIFICANCE OF FACIAL EXPRESSIONS IN INFANTS.

BY W. K. BUTLER, M.D., WASHINGTON, D. C.

THAT all babies do not look alike, much as they resemble each other in general appearance, every parent knows. That the same baby does not always have the same appearance is manifest when we see it when wrapped in sleep with features all relaxed, wholly unconscious of its environments, except as the spirit of some dream awakens its expression; and again when every member is instinct with life, with sensations, either of pleasure or pain, manifested either by cooing or crying. Why babies cry, or why they coo, would be an interesting topic of discussion, but is beyond our present scope, which refers only to the fact and not the cause of these different phenomena.

The face and the cry are the two sentinels of nature giving warning of what takes place within the frail organism. Before the development of speech, which, in some children, does not take place until they have well passed the period of dentition, and in all until many months have passed, these are the only channels by which their wants are made known. Hence a study of facial expression well deserves a careful consideration from all who would learn to interpret the hidden life of a child.

### Organs of Expression.

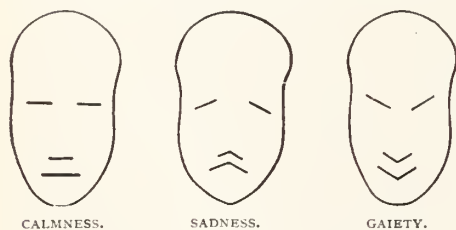
How often are we called on to recognize the resemblance of young children to their parents! "Chip of the old block" is almost proverbial. Such resemblance is usually attributed to the sphere of heredity—a factor which, like the  $x$  in algebra, is an unknown quantity, but is often used to express our want of knowledge on obscure subjects. We recognize the fact, but fail to appreciate the cause.

This applies, however, especially to older children, for in very young babies this resemblance is not well marked. The difference in the contour of baby faces is largely due to the amount of fat deposited in them. This marks the difference between the plump, round face of well-nourished babies and the thin, pinched features of the little sufferer after a few days' sickness, the accumulated fat being melted, as it were, by the fever-heat, or yielding itself a sacrifice for the life of the child until food can again be digested and supply its place. We leave out of consideration here the influence of the bony structure which forms the foundation of the face, as having nothing to do with the facial expression, with which we are here concerned.

Although this deposit of fat has so much to do with the appearance, yet by itself it has not the power of motion and cannot originate expression. This power of expression is delegated entirely to the different muscles of the face, of which there are so many.\* These muscles, unlike those which move the limbs and trunk, having only to operate on the skin, the eyelids, the nostrils, and the lips, are much more delicate and require less power. Nor are they always under the control of the will, but are often controlled by certain conditions and affections of the mind, so that the various emotions shine out in the countenance. "A cheerful heart maketh a glad countenance." In early life, however, these muscles follow the general law which governs the development of many other parts of the body; and as in the adult many of these facial muscles are feebly developed and take no part in changing the countenance, we find them proportionately less active in the infant. Those with which we are here most concerned are connected with the eyes and mouth, as changes in these organs have a more striking influence in altering the facial expression.

#### Varieties of Facial Expression.

As the movements of the face are due to its muscular arrangement, and not to the fat and other tissue which give it plump-



The three figures of Humbert de Superville.

ness, we may well conceive that the number and variety of these expressions are almost exhaustless, being limited only by the

number of combinations which can be made between the different muscles which are under the control of the will and the emotions. In babies, however, the action of these muscles is not so much a matter of will-power as a reflex action. A baby is largely a bundle of "feelings," but, like older beings, these feelings flow in well-marked channels. Herbert Spencer insists on the general law that "feeling, passing a certain pitch, habitually vents itself in bodily action," and that "an overflow of nerve-force, undirected by any motive, will manifestly take the most habitual routes, and, if these do not suffice, will next overflow into the less habitual ones." It would appear that the groups of face-muscles connected with the eye and mouth serve as the habitual routes through which the excess of feeling in babies manifests itself.

It is in connection with the latter group that we find the explanation of dimples in the cheeks of many babies. Those little depressions, which are considered such marks of beauty, are due to the centring of so many muscles at the angles of the mouth in the plump face of childhood.

Although changes about the mouth occupy such a prominent place in altering the expression, those connected with the eye are equally important and follow in quick succession. This is well illustrated by watching a child just beginning to cry. The muscles about the mouth begin to act, the angles are drawn downward, and a corresponding change, although less marked, soon follows with the eyes. During laughter the opposite effect is produced, the angles of these organs having an upward tendency, while in repose the intermediate position, or one more nearly straight, is assumed. Similar phenomena may be observed in the vegetable world, as in the weeping-willow with its drooping limbs, the musical oak with its high-reaching limbs, while the spruce and the cypress typify the staid and quiet manner by their far-reaching, parallel branches. The accompanying diagrams may serve to illustrate more forcibly this principle.

\*Some place the number of face muscles at nineteen pairs and one single muscle, but others at a much higher number. They vary both in number and function.



**Meaning of Different Expressions.**

The attempt to explain the meaning of the various changes in expression has not met with very marked success. We naturally interpret smiling to mean pleasure, and crying to mean pain. Between these two extremes—the emotions so largely characteristic of babyhood—we find the various shades of expression caused by the degree in which each of these emotions participates.

It is during sickness, however, that we see the most marked changes in the facial expression. Instead of the quiet, innocent look of comfort in the healthy child, the features are more or less contracted and wrinkled, according to the severity of the disease.

It is doubtful whether certain expressions

are characteristic of special diseases, except in the general way that some believe diseases of the brain to be manifested by changes in the upper part of the face, as the forehead and eyes; diseases of the lungs by changes in the nostrils; while in diseases of the digestive organs the lower parts of the face are chiefly affected. It is, however, the general changes, rather than that of any particular part of the face, that mark the difference between health and disease.

In an article like this it would be impossible to even touch on the many phases which are presented by the ever-changing features. The above hints are thrown out with the hope that they may stimulate new interest in observations which are within the reach of all, and BABYHOOD may revert to the subject later.

**NURSERY HELPS AND NOVELTIES.****Heater Attachable to Lamp.**

ANOTHER lamp stove is put upon the market, which claims certain advantages over others. It is adjustable to the ordinary lamp-chimney, and is



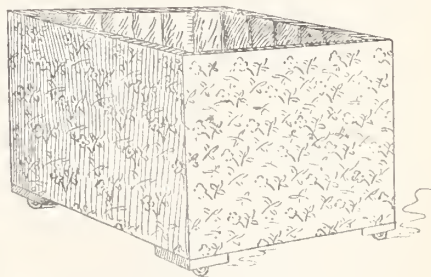
designed to lengthen the chimney in such a way as to increase the draught and concentrate the heat upon the cooking vessel, while the grate is so placed inside as to always stand at the right distance from the top of the chimney to allow the flame to burn without smoking, and at the same time to obtain the greatest amount of heat, thus securing

very rapid heating of water and expeditious cooking. It does not diminish the amount of the light. For sale by the Boston Health Supply Depot, 52 Boylston Street; New York branch, 432 Fifth Avenue. Price 35 cents, postpaid.

**A Modern "Standing-Stool."**

TAKE a large dry-goods box, thirty inches deep; wad the insides and cover with cretonne, tacking on carefully with round-headed tacks that will not hurt the toddler. Have two pieces of carpet to cover the bottom, so that,

when necessary to take out one and hang in the sun, another may be ready to put in its place. Cover the outside plainly with cretonne, but unpadded, and tack a plaiting of cretonne around the top; at the bottom turn the edge over and tack directly on the under side. Place a caster at each corner, so that the "cozy" can be moved from place to place. Set a box of playthings and a low hassock inside, and when it is desirable to keep the creeping or toddling infant from the danger of getting into things,



just gently place it in its own house in a manner to make it a "treat" to the child.

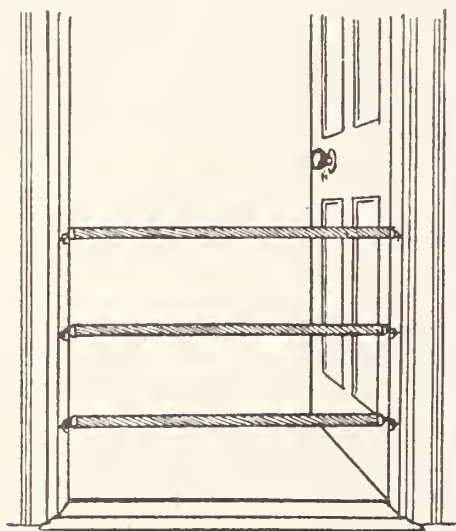
The old-time "standing-stool"—the nursery-maid of the servantless mothers of forty years ago—was a four-posted affair about thirty inches square and about the same height, with

a bare board floor and "slat-fence" sides. A shelf, with a protected edge to keep the playthings from slipping off, held Baby's treasures, and here the baby played hour after hour in full sight of mother, whether she bent over the washtub or the pie-board, or, later in the day, sat by the kitchen stove watching the biscuit cook for supper, and industriously knitting or sewing between whiles. K. S.

*Rhode Island.*

#### An Elastic Gate for the Nursery Door.

I WOULD like to tell BABYHOOD of a simple contrivance I made to effectually keep my chil-



dren out of the sewing-room, which is next to the one in which they play. I always wished to keep them in the latter out of harm's way in the shape of sewing-machine, pins, needles, etc., and still to be able to watch them while busy. We tried a lath-door, but found it to be in everybody's way and an unsightly addition to the room. Finally I made the following guard in less than half-an-hour. I took six brass eyelets and screwed them into the extreme edge of the door-moulding, three at each side, about seven inches apart. I then sewed the corresponding number of brass hooks, through which a short piece of tape had been drawn, to three lengths of elastic, making all long enough to reach from side to side. After the hooks are slipped into the eyelets the door is very effectively barred. They can be removed in a twinkling (although the children have never yet attempted to do so themselves), and nothing re-

mains but the eyelets, which are smooth and not likely to incommode anybody.

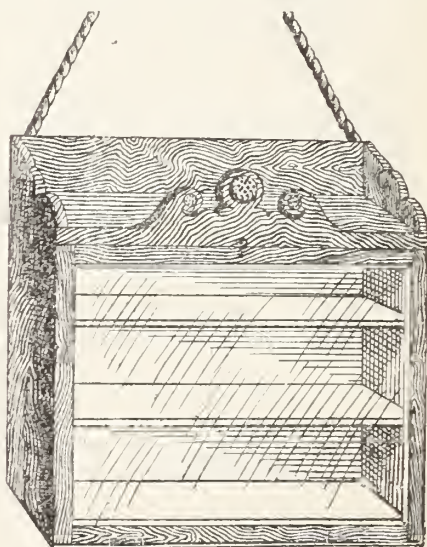
Perhaps some other mother can make use of this suggestion and keep her little ones where she wants them to remain, or out of a room in which there may be a marked difference of temperature. M. G.

*Hoboken, N. J.*

#### A Hanging Medicine-Chest.

WE were at first much puzzled as to a safe place for keeping the medicines, which collect so rapidly where children are about, out of the reach of prying little fingers, out of the way of books or clothing, which can be so easily soiled by coming in contact with a sticky bottle or having a bottle upset upon them, and yet all together and where they could be easily gotten at. The plan struck upon, which has perfectly answered our needs so far, was to have a set of hanging shelves made, with solid board back, and a front door consisting of a single pane of glass and opening on hinges at the bottom, the whole hung by strong cord or picture-frame wire from two staples in the wall.

Bottles are never knocked down now as in stumbling against a table. The bottles are in plain view and can be conveniently gotten by



older people, while quite beyond the ambitious efforts of the little ones. Besides, the mouths of the bottles are now dust-free. The door should hinge at the bottom, as any other position will necessitate being supported

with one hand or pushing the case out of plumb. The case should be made somewhat heavy, or may be tacked through the back to the wall. It cost us, materials and all, one dollar. The case is fifteen inches long by twenty broad, and five inches deep, and has three shelves. S. C. V.

*North Carolina.*

#### Paraphernalia for the Nurse.

My monthly nurse was much pleased to find a cupboard ready, containing only such things as she would be likely to need—alcohol, ammonia, brandy, borax, carbolic acid, Platt's Chlorides, liquorice powder, an alcohol-lamp, syringe and breast-pump, and, on a little tray by themselves, sweet-oil, vaseline, castile soap, a fine, soft sponge, a box of baby-powder, and a thermometer. By keeping these things on a tray, room is left in the toilet-basket for the clothes, they are easier to get at, and there is less danger of their being upset. I had also a pretty little set of tray dishes, bought here and there as I found what I wanted—a small cup, saucer, and plate, a gruel-bowl, a wee cream-pitcher and sugar-bowl, milk-pitcher, and a very tiny pepper and salt box; these did not crowd the tray as larger pieces would, and I am sure I ate more from having such dainty little dishes to look at. F. W. B.

*Fitchburg, Mass.*

#### Another Form of Crib-Guard.

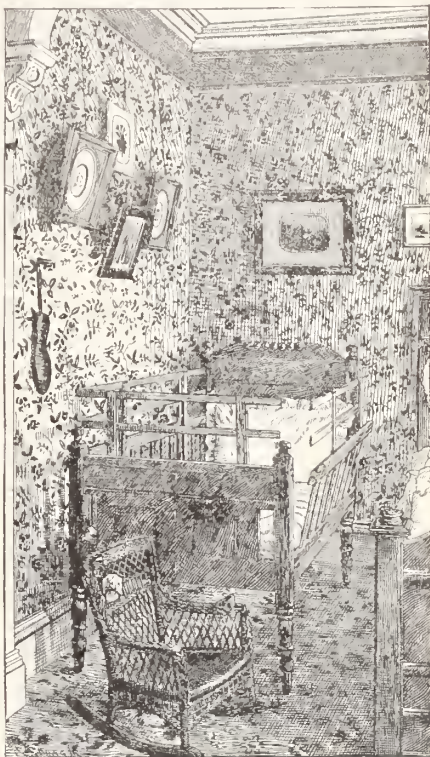
ONE night the baby climbed over the foot-board and fell out of his crib, and my wife thought it unwise to permit a repetition of the performance, so my ingenuity had to be taxed accordingly. Having had experience as a farmer, I resolved to fence the baby in. My device consists of two rails around the top of crib, on both sides and at foot, made of walnut strips one inch wide and one-quarter inch thick, fastened to upright posts screwed to the inside of the crib. On the hinged side of crib, the two posts have hinges on the inside, which allow the upper part to be folded up when the side is let down, and it then is as much out of the way as though no addition had been made to it. The improvement is inexpensive, and has proved effectual in preventing the young man from wandering off. In the photograph enclosed the side is shown partially opened. The "slipper-sole" hanging on the wall, or a mother's example and training, has made my baby the best one with-

in a distance of—some say the Eastern States, but I say the space which I have fenced in.

*Brooklyn.*

FATHER HOOD.

[A number of devices to attain this object have been described by correspondents of BABYHOOD. The above communication arrived just too late to be included with one describing a



somewhat similar plan published recently. We understand that "Father Hood" is an amateur photographer, and we are certainly indebted to him for the pains he has taken in giving us so good a view (which our engraver has reproduced on a necessarily smaller scale) of the habitat of that "best" baby. We think, however, that since he threw in the slipper he should also have seated the mother in the arm-chair, for our readers will probably have their own opinion as to which has been really responsible for the high grade of ethical development hinted at.]

#### Advantages of a Child's Table.

HAVE many of your readers tried the experiment of providing a small table for their children? We have one twenty inches square and twenty high. Our oldest little maid takes many



of her meals at it now. In our chilly Southern rooms, with open fire-places, she can sit near the fire and enjoy her meal in warmth, not shivering like her elders at the large table. When the youngest is old enough we intend them both to use it, thus keeping them out of sight of food which may not be wholesome for them. In their play-room it answers for top-spinning and many such purposes, and in the

babies' sleeping hours the mother has found it a most convenient holder for work-basket, sewing, etc. Not unfrequently has it been found in the sitting-room, piled up with the father's papers and books, which have to be inconveniently removed at the demand for "my tabul." In fact, it has for some months come to be regarded as one of the household indispensables.  
*North Carolina.* S. C. V.

## MARGUERITE.

BY MRS. GEORGE ARCHIBALD.

YESTERDAY I saw a maiden,  
Little maiden fair,  
With a face of soft entreaty  
Framed in golden hair,  
And that patient look which only  
Suffering children wear.

Close against her mother's bosom—  
O that place of rest!—  
Sighing forth a deep contentment,  
Trustingly she pressed,  
As a young bird, over-weary,  
Drops into its nest.

And her wee-bit baby-sister,  
Whose accustomed eye  
Saw her lie where baby-sisters  
Love so well to lie,  
Turned away to other pleasure  
With no jealous cry.

All your years are years of weakness,  
Little Marguerite;  
Here and there where happy children  
Happy children greet,  
Never shall you lead nor follow  
Childhood's flying feet.

Just to help you on to greater,  
No one asks of you  
Those small tasks for brain or finger  
That your mates must do;  
No one chides at night that idly  
All your day-time flew.

For the Lord Himself hath set you  
Work to fill your days—  
That hard work of understanding  
Not the Father's ways,  
And yet turning toward your future  
A submissive face.

Older hearts, too often worn by  
Overmuch concern,  
Daily cheer and thankful courage  
Well of you might learn;  
Quiet, when the time is troubled  
Or its duties stern.

Oh! it may be that the mother,  
Seeing at her feet  
None but rosy children, misses  
Lessons, strangely sweet,  
Only known to her who watches  
One like Marguerite.

## THE TRIBULATIONS OF A TURKISH INFANT.

BY THOMAS STEVENS.

SUPPOSE we take it for granted that our forefathers were robuster specimens of humanity than ourselves, as we so often see it asserted. It is by no means certain that they were, but, even if one admits them to have been so, the reason is not difficult of solution. The weaklier specimens died in their infancy; only the physically fittest survived. The medical skill of two centuries ago was not equal to the

task of pulling through the punier débutants upon the stage of life, and so they quickly retired.

The same state of affairs exists to-day in all semi-civilized countries. Taking Turkey for example, the ordeal that the Turkish infant has to go through, owing to the ignorance and superstition of his (assuming, for convenience' sake, that it is a boy) parents, dooms him from



the beginning, unless he happens to be of robust constitution. If the young Turk comes into the world a weakling, his stay is pretty sure to be of short duration. If he is strong to begin with, the chances are all against him even then, but a merciful *Kismet* sometimes pulls him through.

His tribulations begin as soon as he is born. Instead of being allowed the use of his limbs, he is at once taken in hand by several ancient dames, who stretch out his limbs and bandage him, like a mummy, from head to foot. Reduced to the appearance of a straight roll of calico with a baby's head, charms and amulets are then placed about him to preserve him from evil influences. An odorous bunch of garlic is placed at his head, and another bunch is tied to a broom and set up in a corner of the room.

After these precautions against the evil-eye are taken the neighbors are admitted to see him. Nothing is visible but his face, and even this is partly concealed beneath a red cap that has been placed on his head. Everybody who comes in is expected to call him uncomplimentary names, spit on him, and otherwise pretend to heap him with abuse. Anybody who should speak admiringly of him or show him favor would be suspected of hypocrisy and harboring sinister designs.

After a few days of this unhappy reception the youthful Turk is conveyed to the bath and almost scalded alive. Water almost too hot for the old women's hands is poured over his tender body until it is red as a lobster. The parboiled flesh is then scrubbed so vigorously that the embryo Bashi-Bazouk almost sheds his skin. The louder he howls the more delighted are his tormentors, for they regard it as mere cold-blooded evidence that he has a sound pair of lungs.

Most of the Turkish infant's first year is spent lying on his back with his limbs and body tightly swathed. Nothing but his head is left at liberty, and for this no pillow is provided. The cradle is merely a flat box on rockers, with a quilt that barely preserves him from the hardship and indignity of bare boards. To this he is secured by bandages that bind him securely in position.

Thus strapped and confined, with his head at liberty to roll from side to side, he is left hour after hour, the sport and plaything of capricious brothers and sisters. These, themselves spoiled and incorrigible, are at liberty to cram anything in his mouth, from doughy pastry to green fruit. If cholera morbus overtakes him, or he grows restless and fretful, he is reduced to a semi-comatose

condition with opium pills. In treating him for any kind of ailment criminal ignorance rules. Opium is employed to send him to sleep whenever the mother or nurse gets ready for his banishment to the land of dreams.

In cases of stubborn sickness old women are called in to perform the ceremony of *neffus*, or breath-blowing. The women simply mutter incantations over him and blow soothingly in his face. If the case is urgent and beyond the *neffus* of the old women, then they send for the imam, or priest. Much value and importance is attached to the *neffus* of the imam, who also brings to his aid charms to place around the youngster's neck. If the *neffus* of the imam proves unequal to the occasion and the unfortunate infant dies, nobody thinks of blaming the opium, the unwholesome food, the scalding, and the other trying ordeals that have steadily pursued him from his birth. *Kismet* alone is responsible.

When the young Osmanli has survived the dangers and pitfalls of his first year or two and gets fairly set on his feet, it by no means follows that he is then looked after any better than before. There is no ordinary danger to which he is not exposed over and over again. He is not "raised" at all; he is simply permitted to grow up, a rank, wayward weed. As soon as he is big enough to feed himself, all limit to his indulgence is removed, if there ever was any before.

Pickles, unripe fruit, wilted cucumbers, indigestible pastry, and all manner of trash is placed in his hands without reserve. One of the most singular things to the Western traveler is the seeming impunity with which Turkish children consume things that American mothers regard as little less than infanticide to let them have. When the Turkish two or three-year-old is thought worthy of indulgence—and that is always—instead of the stick of candy with which Young America is regaled, he is presented with a wilted cucumber to gnaw or a slice of green watermelon.

The cucumber seems to be a special favorite of all Oriental children. In the cucumber season every Turkish toddler rolling in the hot dust about the streets is seen regaling himself with a cucumber, sometimes wilted, always unripe. These they eat, or seem to eat, with the utmost impunity. The fact, however, that he has survived the ordeals of a still tenderer age entitles one to believe him now capable of enduring the onslaught of even the deadly and insidious cucumber.

When the Turkish infant of the rural districts

is washed at all, he is usually taken out and doused unceremoniously in the nearest stream or irrigating ditch. Here he is rubbed over much as one would douse some inanimate object. The water may be of any temperature and the weather frosty, but the unfortunate young Turk is doused in all the same. This is a custom that the Turkish women have inherited from their old nomadic days before the star of Osman rose in Asia Minor.

Oriental-like, they never change for the better, except where they come in contact with European life, as at Stamboul. In Stamboul many of the more barbarous Turkman customs are modified, but even in the capital there is scant improvement in the treatment of children.



## NURSERY PROBLEMS.

### Deaf-Mutism.

*To the Editor of BABYHOOD :*

What would you think of a child, nearly three years, who did not say a single word? I do not mean one who has a language of his own unintelligible to others, the simple fact being that he does not attempt to utter a word, and it is very hard to see that he comprehends when spoken to. In the article on precocious children in your October number you say "sentences are used in the second year," etc., and that has been just my experience with my babies, the boys talking as soon as their sisters; all being chatterboxes by the third year, and perfectly companionable in their baby ways. But I have in mind a little fellow who is causing us much anxiety on account of his backwardness about talking, or rather not speaking. What would you advise? There are other children in the family, and a nurse devoted to him, not to mention parents, grandparents, and aunts.

*New York.*

A GRANDMOTHER.

Such a child should be first of all examined for deaf-mutism, and, if it hears well, some one familiar with such matters should inquire into its intelligence. In order to ascertain whether the child hears, the aurist relies upon the tuning-fork, whistle, and bell, or implements producing noises of a similar character. In applying any of these tests it is necessary to be on one's guard, and exclude the possibility of the child having its attention called to the various testing-objects by senses other than that of hearing. For instance, the mother may test with a whistle; the child turns at once and she reasons that it has heard the sound. This, however, may not have been the case; the blast of air leaving the whistle may have impinged upon the child's

*Kismet* rules in the nursery of the Sultan as it does in the mud-hovel of the peasant.

If one child of a Turkish household has the small-pox, scarlet fever, or what not, no hesitation is made about allowing another one to sleep in the same bed! The Turks think it shows a want of faith in Providence to take the common precautions that every Christian mother takes as a mere matter of prudence and common sense. "If it is their *Kismet* to get sick and die, Inshallah, who can prevent it?" says the Turkish mother. "And if it is their *Kismet* not to, Inshallah, who can cause it to come about?" Believing in the futility of human interference, to this Oriental fatalism the Turkish mother consigns her child from the day of its birth.

face, and this may have caused it to turn around. In like manner, a child may turn because it feels the vibrations transmitted by the floor following the violent closure of a door; yet this action on the part of the child may be wrongfully attributed to its having heard the noise.

An important peculiarity of deaf-mutes, though not in itself an absolute proof, is their manner of expressing their desires through gestures, and their impatience and anger when not understood at once. One of the most important signs, of course, is the fact that the child does not begin to talk when it should. No mother should accept the verdict of deaf-mutism until such an opinion has been given by a competent aurist after he has examined the child's ears. A child may, as a result of being born so, or as the consequence of disease of the ear after birth, whether this has been noticed or not, be very hard of hearing and yet not be absolutely deaf. If nothing be done for such a child, its deafness becomes worse from disuse of the organ of hearing, and finally becomes absolute; whilst if proper training and treatment had been instituted in such a case, there may have been achieved some amelioration of the defect.

### "The Middle Child."

*To the Editor of BABYHOOD :*

I have just seen the following in a newspaper: "Mr George Bancroft accounted for his own longevity the other day with three reasons: First, that he was the middle child in his father's family,

equally distant from the youngest and the oldest ; second, that he had always gone to bed at ten o'clock, unless it had been impossible ; and, third, that he had always spent four hours in each day in the open air, unless prevented by a storm. He added that his riding, of which the newspapers had made so much, was primarily for the purpose of being out of doors, and not of being on horseback."

The early-to-bed feature, as well as the out-door exercise, need not be regarded as new ; but this is the first time I have ever heard of any special importance being attached to the "middle child," and would like very much to learn from BABYHOOD whether there is "anything in it." Coming from any less authority than Mr. Bancroft, I should have set it down as superstition and thought nothing further of it, though for that matter I cannot say that there is evidence that Mr. Bancroft really did say it, as the above quotation was itself quoted from another paper.

A PAPA.

New York City.

We have never heard of the notion before ; we believe there is "nothing in it" as it stands. But several facts may have given rise to the belief, if such belief exists. The earlier children of immature parents sometimes show corresponding feebleness of constitution, although youth of the parents, if they are really mature, is usually considered an advantage to the offspring. On the other hand, the later children, if many be born to the parents, not infrequently show the effects of impaired health of the latter, particularly if the mother's condition is broken by constant childbearing and incessant nursery care. Still further, the earlier children, it is said to say, often show the results of the parents' want of knowledge, and bear the marks of their experiments in child-rearing. Not infrequently two persons of little experience in anything, but of the "know-it-all" type, marry, and the result cannot be expected to be perfect. A lady once half-pathetically said to the writer, when speaking of her first child, "The others will never know the debt they owe to him for teaching me."

### Gritting the Teeth—Worms—"Grown-up" Food.

To the Editor of BABYHOOD :

My baby grits his teeth terribly when asleep at night. His grandmother and I have thought he had worms, and I have given him several enemas of strong salt and water, but have seen nothing that looked to me like a worm. His seat has been broken out and has itched fearfully, and the enemas seem to have benefited both these troubles ; at least they have disappeared. Of late Baby's urine has looked rather greasy on the surface. He is apparently in perfect health, but has a very small appetite, and would starve before he would eat really proper food. Whether this be so or not he seems to crave "grown-up" food and digests it perfectly. He is two years and eight months old, was nursed till sixteen months, and very carefully fed till after two years old. He was always well and strong, but not particularly fat. Now he eats almost what we do, and is growing rosy and fat.

The only trouble he has is this appearance (to me) of worms. Do you think we are right in our theory, and what do you recommend ?

New York.

AN ANXIOUS MOTHER.

Gritting the teeth in the sleep is not necessarily, or even usually, a sign of worms. It may proceed from any irritation, very often in the digestive tract. If a child shows the condition of urine you describe, we should look for digestive derangement ; this, added to the eruption on the seat and the gritting aforesaid, makes a strong probability that he is suffering as might be expected of a child of his age who takes "grown-up" food. If he is put upon a proper diet, irrespective of his notions, he will presently yield the point and eat what he can get. It is, however, cruel to expect a child who has been indulged in this respect to sit at the same table with you without demanding your diet. He ought to be fed before your meals, and by himself.

We are often at a loss to guess what is the standard of perfect health used by many persons. Your child is so described. Yet you mention small and capricious appetite, disordered urine, a skin-eruption, and disturbed sleep as the source of your anxiety about him.

### A Railway Journey Before or After Delivery.

To the Editor of BABYHOOD :

Will you please tell me which you would consider the safer for a young mother, to travel by railroad a distance of 180 miles one month before or one month after her baby is born, it being absolutely necessary to do one or the other? The baby, which is a first one, is expected next June. This is hardly a BABYHOOD question, I know, but if you would answer it you would greatly relieve my mind, as I have had so much conflicting advice on the subject.

New York.

B. T.

Very many women travel by rail such distances, with safety, a month or even less before delivery, and, with the comforts of railway travelling nowadays, the undertaking need not be very fatiguing. If she has a quick recovery she could do it with a baby a month old, but probably less easily ; and if anything occurred to delay convalescence, she could not do it. Therefore, if the journey must be made just at the period mentioned, we should prefer the earlier one. We are assuming that it is an ordinary case. If there is any complication, special medical advice is demanded.

### Dark Rings about the Eyes—Yellow Spots on the Teeth.

To the Editor of BABYHOOD :

My little boy is seven months old and has always been a strong, healthy baby, though not very large. He now weighs about seventeen pounds, and has two teeth ; he eats and sleeps well, taking two



meals of Mellin's Food and three of breast-milk in the twenty-four hours, and waking only once in the course of the night. But there are one or two things about him which trouble me, and concerning which I should like your advice:

(1) He has dark rings under his eyes, which seem to be always there, though he is rarely tired or fretful, and has a good color in his cheeks. What is the probable reason for this?

(2) His first two teeth have appeared with small yellow spots on them. He was hardly sick at all when they were coming, but these marks rather worry me.

L. L.

Boston.

(1) Dark rings about the eyes are not always evidences of disease. Coming in a person usually free from them, they suggest fatigue or digestive derangement. But some persons, particularly those of dark skin, have them always.

(2) The yellow spots probably are points at which the enamel is defective. A dentist can tell you easily. Their presence in the first teeth need not influence the second set, if his health remains good.

#### The Fir-Pillow.

To the Editor of BABYHOOD:

Will you please inform me in your "Problems" if the fir-balsam pillow mentioned by G. M. C. in the September number is *really* quieting and beneficial to a restless, nervous child? If so, where can it be obtained? How much does it require for a pillow? How expensive is it?

F. M. S. M.

Canfield, O.

The fir-pillow is an "æsthetic" fancy much used as a lounge ornament in towns. The odor is very grateful. The emanations of evergreen trees have been sometimes thought to be beneficial to those suffering from pulmonary complaints, but their value, as distinguished from that of the surrounding health-giving circumstances, is not proven. It is possible that a nervous child might be pleased with the odor of the pillow, and so quieted, but we do not suppose that it has any real medicinal value. The ancient pillow of hops is quite as efficient. The materials for filling pillows are prepared throughout the fir-bearing regions wherever summer visitors go. The cost is slight.

#### Proper Shape of Shoes—Sleeping with the Mouth Open.—"Black-Heads."

To the Editor of BABYHOOD:

In reading No. 19 of BABYHOOD, which I have just received, I find an article on the care of children's feet which greatly interested me. The thought that my little girl's feet were sure to become misshapen, and probably painful, has worried me considerably. I suppose it would be possible to find a shoemaker who would make shoes broad enough at the toes, but that would be rather expensive, and consequently not feasible where the means are limited.

(1) Is there a house that makes shoes of the

proper shape for the market? If there is, I would like the address. Also the address of a stocking manufacturer who makes well-shaped articles.

(2) How can a child be cured of sleeping with her mouth open? It seems to me that the habit is often contracted while suffering from colds in the head. I frequently close my little girl's lips and hold them a few moments, but as soon as my fingers are removed her mouth opens.

(3) What is the cause of foul breath in a child of four, who is perfectly well and regular in her habits?

(4) Can you tell me the cause and cure or preventive of the little black-heads that appear on chin, forehead, and nose?

J. M. W.

Port Allen P. O., La.

(1) In No. 35 of BABYHOOD appeared an article on proper shoes, it being a sequel to the article in Nos. 19 and 20.

(2) The habit is probably due to some obstruction in the nose or upper air-passages, which makes it difficult for the child to breathe easily without opening the mouth.

(3) The causes are many. In this case we should expect to find it dependent upon the same trouble that interfered with nasal breathing.

(4) "Black-heads" are due to excess of the fatty secretion of the skin, which loads the follicles; the black is, as most physicians believe, simply due to accumulation of dust on the exposed parts of the secretion. The treatment consists of pressing out each "black-head," which may be done with the aid of a common watch-key, although a small tube with a smooth end is preferable. After emptying the follicles, apply quite hot water to allay irritation. To prevent the return of the collections, soap should be used daily in washing the face. If it irritates the skin, bran-water, with a little borax dissolved in it, may be used to remove the fatty secretion.

#### Graham, Oatmeal, and the Various Prepared Cereals.

To the Editor of BABYHOOD:

My wife and I are always much interested in reading your editorial comments on letters from correspondents, but have never, until now, intruded in person. Now, however, we would very much like a little enlightenment on the following points:

What do you consider the most wholesome flour of which to make bread? What is Graham flour, and what is its value as a food, actual and as compared with other flours?

What do you think of oatmeal as an article of food? What is the most nutritious and palatable preparation of any grain known to you in a form suitable for use, say, on the breakfast-table?

Quincy, Mass.

FATHER.

All things considered, we should consider a very finely-ground wheat-meal the best for bread for "the average man." Theoretically, Graham flour is such a meal; practically, we



think (but are not sure) some parts are removed. As made at bakeries, Graham bread contains bolted flour to dilute the Graham flour. If made at home it becomes a very wholesome and, to many persons, palatable bread. White flour has lost much of the nutrient parts of the grain and is very largely starch. Some persons—those of the “gouty diathesis,” for instance—are injuriously affected by a starchy diet; for such white bread is not very wholesome.

Oatmeal is very nutritious and, if well cooked, an excellent article of food. In our judgment, however, many persons more than offset its nutritive value by injurious amounts of syrup or sugar eaten upon it. With salt and milk, or cream, it is to most stomachs digestible and, to our taste, delicious. Meal of poor quality or badly cooked is detestable.

It and the various forms of cracked or crushed wheat—the trade names are legion—which retain the entire grain, are the most nutritious of grain foods for the breakfast-table. The palatability must be judged by the eater. Occasionally oatmeal disagrees, being popularly said to be “heating,” particularly to persons with a tendency to eruptions.

#### Lime-Water.

To the Editor of BABYHOOD:

My baby was fed entirely upon condensed milk until three weeks since, when Mellin's Food was added. Food has always seemed to agree with him perfectly. He is now six-and-a-half months old. Lime-water has been given occasionally. Ought it to be given regularly for the bones and teeth? If yes, is it too late to begin, and what quantity should be given? I have been told by some that it was necessary, and by others that it was not. A reply will be gratefully appreciated.

Philadelphia.

SUBSCRIBER.

Lime-water is useful in many disordered conditions, such as looseness of the bowels with acidity. It is used for “bones and teeth” if there is evidence of rickets, although it is perhaps not the best of known remedies. It is not necessary for a healthy child. Proper food should have enough lime. We are assuming that your child is entirely well.

#### Diet at Eight Months.

To the Editor of BABYHOOD:

I would like to ask advice as to the proper food for my baby. She is now nearly eight months old, and thus far has had nothing but milk, which she takes from the bottle. For a few days past she has not seemed to relish her food as usual, and I have been advised to begin feeding her other things. I am opposed to a miscellaneous diet for babies from the family table, though it be highly recommended by a great many “mothers in Israel” of my acquaintance. Would one of the cereals be proper food for her? If so, which one, and how

should it be prepared? She has a slight tendency to constipation; has also had some trouble with eczema of the face, which my doctor ascribes to teething. Otherwise has always been perfectly well. By the doctor's advice I gave her Imperial Granum with her milk for a time, but it seemed to make her constipated, and I discontinued it.

Buffalo, N. Y.

A RECENT SUBSCRIBER.

A child at eight months usually should get on with milk alone, but this should, as a rule, be still somewhat diluted. If there is want of appetite, a few days' observation, while the child is allowed to take smaller meals if it will, will show the cause of the child's indifference to food, which is usually some indigestion, or a tenderness of the gums, or some slight ailment. Children rarely manifest dislike for a food they have previously taken willingly, if they are in quite good health. Where constipation exists oatmeal water or gruel, used as a diluent of the milk, is usually advisable; but if there is an eczematous tendency, oatmeal seems sometimes to increase it. In such case some of the malt foods may be added to milk for a laxative.

#### Indigestion as a Cause of Colic.

To the Editor of BABYHOOD:

Will you please tell me what is the cause of our little one's trouble, and what to do for him? He is five weeks old and has had no nourishment but the mother's milk, and she is well and has plenty for him. He has a good appetite; would nurse all the time when in pain, if allowed. His mother tries to feed him regularly at intervals of two hours, except at night. He desires to sleep many times when colic and other pains will not let him. He is costive, in that his bowels frequently check up for twenty-four hours, and we have to give him oil and turpentine to move them. His passages show considerable curd. Is it his indigestion that makes him costive, and thus produces the pain which causes him to start in his sleep and awakens him?

Can you give me the title of some good book, and the publishers of same, which would aid us in caring for him?

R. L. D.

Huntington, W. Va.

Evidently the child has indigestion. This is shown by the amount of curd in his passages. The constipation and colic are probably both results from the indigestion. So far your idea is correct. It seems to us, however, that oil and turpentine are not called for in so young a child, unless milder means have failed. We should prefer to try giving the child water occasionally, a few spoonfuls two or three times daily; to give some form of malt extract—“Maltine,” for instance—diluted with water, say a half-teaspoonful in a wine-glass or more of hot water, and feed it with a spoon as much at a time as he will willingly take. Besides, we should relieve the bowels once (or twice, if necessary) daily with an enema of glycerine and water (teaspoonful of glycerine in two ounces of water, in so

young a child, will probably be quite enough), gently injected.

There are many good little manuals. Try, for instance, Dr. Keating's "Maternity, Infancy, and Childhood," published by J. B. Lippincott Co., Philadelphia.

#### The "Hardening" Process—Substitutes for Goose-Oil—Outgrowing Enlarged Tonsils.

To the Editor of BABYHOOD:

My little boy, just five, takes cold very readily, and is always a long time getting over it, coughing for weeks, and, this winter, almost two months.

My husband wants him to be out if he does cough, and get toughened.

(1) When I see that each going-out increases the cough, what am I to do?

(2) You say "goose oil is nasty"; I am glad you think so; but what shall we do, and what use in its place?

(3) Does a child outgrow this tendency to cold on the lungs? Can it be any trouble of the tonsils, if at no time his throat has been at all sore?

New York. S. M. S.

(1) The theory of "hardening" children has often enough been disapproved of in these columns. The only safe way is to pick and choose days for going out, and to use a sunny room for play at other times.

(2) When a simple anointing is desired, vaseline is good; if a stimulating application, the camphorated oil of the drug-shops is efficient and convenient.

(3) Such tendencies very commonly depend upon enlarged tonsils. We have little faith in "outgrowing" the tendencies as such, but

enlarged tonsils often atrophy—i.e., become shrunken—in adult life or before, and the exciting cause is removed.

#### Age for Weaning—The Second Summer—Diet at First Weaning.

To the Editor of BABYHOOD:

(1) At what age should a child born in December, 1886, be weaned? The child is perfectly healthy, and has nine teeth. The mother is strong and well, and has an ample supply of milk.

(2) Does BABYHOOD believe in the old-fashioned but apparently prevalent idea of "keeping the milk" over the dreaded second summer?

(3) Of what should the diet consist when the child is first weaned? E. T. E.

Boston.

(1) Few breasts are of much value to a child after it is a year old. Yours may be an exception; but the rule is that a child should be partly fed or weaned by or before the end of its first year. Unfortunately, few can nowadays entirely supply a child's wants so long.

(2) It does not. Every physician knows that the "second summer" is far less fatal than the first summer, and the "keeping the milk" is simply a way of insuring poor nourishment for the child.

(3) If the child is a year or more old, milk slightly diluted at first, gradually, but not too slowly, approximated to pure milk is the proper diet. Barley or oatmeal gruel presently should be added. After that beef-juice once a day. These will probably be sufficient until after warm weather, unless there is some illness or disorder calling for change.

## BABY'S WARDROBE.

### Baby's Stockings.

So much has been said about the proper shape of a baby's stocking that I send my rule, which is very simple and may be undertaken by even an inexperienced knitter. Three balls of knitting silk, bought at wholesale at twenty-five cents a ball, make two pairs for a child six months old. They are quite long, coming just above the knee, and instead of the pointed toes are as unmistakable "rights" and "lefts" as Baby's own pink feet. I use No. 15 needles, which are rather coarser than would be usually recommended, but which make the stocking pliable, and, unless one knits very loosely, the meshes are not too large. In washing these stockings hot water should never be used. Tepid water made soft with soap, borax, or ammonia will cleanse them thoroughly.

Cast on 66 stitches, 24 on each of two needles, 18 on the third. Rib for 20 rounds by knitting 3 plain, 3 seam. Then knit plain until your stocking is square, making one seamed stitch in the middle of the same needle in every round. Narrow one stitch each side of this seam-stitch every seventh round until the number of stitches is reduced to 45. Knit plain if necessary to make the leg long enough. Take off on one needle the seam-stitch and eleven stitches each side of it, which are to form the heel. Knit across plain, and back seam, on two needles, slipping the first stitch in each row until you have a square. Now narrow each side of seam-stitch until you have 15 stitches. Knit 8 plain, fold heel together wrong side out, knit a stitch off both needles together, slip and bind till but one is left, reverse the heel, pick

up 14 stitches across the side, knit across instep needle, and pick up 14 stitches in corresponding side. In the next round widen one stitch in four on each side-needle, and narrow one stitch on each corner nearest the instep-needle. Narrow every alternate round on these two corners until the number of stitches on side-needles is reduced to eleven. Knit the foot plain its proper length from heel to tip of little toe; then begin to narrow at one side of the instep-needle and the same corner of side-needle, and narrow up to the great toe. When the number of stitches is reduced to 18, narrow 6 stitches on the other side of the foot, cast off, and sew up. In knitting the second stocking care must be taken not to finish it off for the same foot. The shape will be broad at the toes and will greatly assist in preserving the proper shape of the foot.

M. L.

*Hingham, Mass.*

#### Method of Finishing Baby's Flannel Sleeves.

I HAVE seen no description in "Baby's Wardrobe" of a neat and comfortable way of finishing off the ends of Baby's flannel sleeves. The device is so simple that I am surprised that so few adopt it. It is useful for infants and for children who wear home-made underclothing. I use the "Gertrude" patterns. The sleeve must either be cut off about an inch or have a tuck taken up at the elbow; the latter is my way, as the little arms grow so rapidly.

From the ends of the sleeves of an old under-vest cut the ribbing about one-and-a-half inches wide. The finer the quality of the ribbing the better. Make the strip of ribbing long enough for the baby's hand to slip through, and slope it a trifle. The ribbing being shorter than the sleeve is wide, it must be stretched in sewing on. It will spring back to its place and gather the sleeve a little. Now sew the ends of the ribbing together with button-hole stitch. I use *fine* thread and the button-hole stitch, as it makes a softer seam. The object of this ribbing is to have the sleeve close-fitting at the wrist, so that no cold air is admitted, and also to have a sleeve that is not always "riding up." As one side of the ribbing ravels out care must be taken to sew that side to the sleeve. I have used these sleeves for years, and have learned to make the "wristlet" so neatly that it is quite dainty and pretty peeping out from under the dress-sleeve. In our rather open country-houses they are indispensable after the cold weather sets in, as no draught can possibly touch the little arm. I feel sure that any one trying this

pattern once will never return to the usual open sleeve.

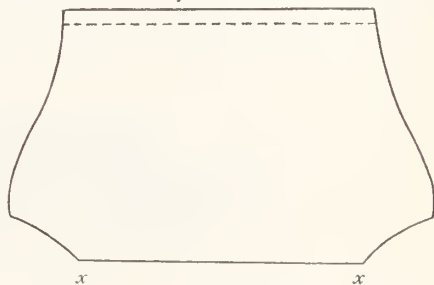
EMILY CLAY.

*Hamilton Co., O.*

#### A Satisfactory "Creeper."

TAKE thin flannel, of a light gray color, and fold it with the smooth side out, and cut like pattern, with the folded edge at *x, x*. Stitch up the sides within three inches of the top; hem, or bind the leg-holes, making them just large enough to slip on easily over the feet; hem the top edges, and run in a ribbon an inch wide to tie at one side in a large bow.

For a child of a year it should be about thir



teen inches from top to bottom, and fifteen inches between the leg-holes. This creeper can be easily slipped on and off, will keep the dresses from being worn out or soiled, will allow freedom of motion and ease in creeping and playing. It will also be a protection when the child sits on the floor in cold weather. In summer it is better to have a loose garment, cut like a trouser night-gown, to take the place of the child's dress, and of the same thickness, for the string about the waist would be too heating.

*New York.*

Y.

#### Other Modifications of the Gertrude Suit.

To the Editor of BABYHOOD:

I have intended for some time to write you of my experience with the Gertrude suit, and my modifications of it, but have put it off from day to day. To-night I picked up the February number of BABYHOOD, which only came to-day (BABYHOOD does not long remain unread in our house by my husband or myself), and the first thing which caught my eye was Mrs. M. F. Washburn's successful modifications of the Gertrude suit. As I read I felt that some one had been writing my thoughts for me, for my experience has been so nearly the same. As it may be a satisfaction to BABYHOOD to know that one other mother has been benefited by its perusal, I will venture to add my experience.

I am not a lover of Canton flannel, so fol-



lowed the suggestion of *BABYHOOD* and sent for Jaeger flannel. It is delightfully warm and pleasant to the skin, without being cumbersome. I made four of the undergarments, and found that they cost but very little if any more than three suits would have cost composed of shirt and pinning blanket. The second garment I made sleeveless, of shrunk flannel. As my little Marjorie is a winter-baby, and I feared that her suit might not be warm enough, I added a cambric skirt, also sleeveless. I did not think it necessary to have three sleeves over her arms, as Baby sleeps so much tucked in her cradle that she really does not need them, and I have not regretted the absence of the extra sleeve.

Contrary to the advice of doctor, grandmother, nurse, and all, I insisted upon the band

being taken off at the end of the fifth day, and I felt confident that I would prove to them that a baby without a band, dressed in the Gertrude suit with Jaeger flannel next to the skin, would be so comfortable that she couldn't cry; and I am delighted with the result, for not one of those who opposed it would have me dress her differently in any particular.

I use the directions which Mrs. W. mentions for washing all my flannels, and find that garments which had been almost ruined in the hands of careless servants are becoming soft like new. We have used *BABYHOOD*'s basket cradle over the foot of our bed for both our children, and only wish that we had known of the Gertrude suit when our little boy was born.

Cleveland, O.

FRANCES F. GLEASON.



## THE MOTHERS' PARLIAMENT.

### A Protest against Public Exhibitions of Religious Precocity.

*To the Editor of BABYHOOD :*

I clip the following from the telegraphic columns of a well-known daily, and would like to enter my protest against children being the prominent actors in such scenes as that described :

#### A REMARKABLE REVIVAL.

CHILDREN SING AND PREACH WHILE IN A TRANCE.

"At Wesley Chapel, three miles from Westport, Ind., the most remarkable revival ever known in that section is in progress. It started about two weeks ago and has daily increased in interest, which is so great now that long before dark the church is surrounded by crowds eager to get inside.

"The first service is much the same as that of other revivals. The pastor preaches, then a hymn is sung, and there is inaugurated one of the wildest scenes imaginable. Men dance, women fall in a faint, and children five and six years old shout themselves hoarse and fall in trances which last for hours. Almost every night Eva Myers, a seven-year-old daughter of a well-to-do farmer, in astonishingly eloquent language, preaches for fifteen and twenty minutes, exhorting the people to repent of their sins. Scores of people have fallen to the floor in a dead faint while she was preaching.

"Some of the most reckless men in the neighborhood have professed conversion, and a new order of things has been ushered in. Some of the children relate wonderful stories of what they saw in their trances. Many people believe little Eva is inspired and almost worship her. Over 300 people

have professed conversion, and sight-seers come for miles to see and hear."

I would be inclined to doubt its authenticity if something of the same sort, though in a considerably modified form, was not taking place in our own town at this time (I shall be careful not to mention its name).

A revival has been in progress here for two or three weeks, and night after night the front seats are filled and the altar-rail surrounded by children, some of them young enough to be within the pale of *BABYHOOD*, while the older ones are far too young to be even present at such a scene, to say nothing of taking an active part in it. They kneel there for an hour or more, sobbing, crying, and trembling with pure nervous excitement, first one person and then another talking to and praying over them, a crowd of adults hemming them in; the heated room, the bad air, the singing, exhortations, and ejaculations, diversified by hand-clapping and audible weeping, all going to make up a sort of meeting from which little children ought surely to be excluded. As the "new converts" filed past me last night I noted at least a dozen none of whom were more than ten, and several under eight, years of age.

Among them is a little boy not more than seven, probably less, who takes his stand with



the elders every evening, singing, praying, exhorting, and giving his "experience." For my part I don't think he understands what he is talking about, and would be better off at home and in bed. Far be it from me to frown upon religion in any shape or form when it is religion, and farther still be the thought that it belongs only to adult life; for on the plastic, impressionable heart of the child can early be stamped the fundamental principles of truth, faith, and obedience. But these can be taught and learned in the quietude of home, and are much more likely to bear lasting fruit than when accompanied by such a degree of bodily and mental excitement as can scarcely be good for any one, and must surely be detrimental to a child. As I watched those little, eager, excited faces I could not help wondering where their mothers were (for they were not with them), and what sort of mothers they could be to allow such babies to be out until ten o'clock, sometimes later, on these cold winter nights, amid a scene that it made me nervous to witness. M. J.

*Pennsylvania.*

#### Music for the Children.

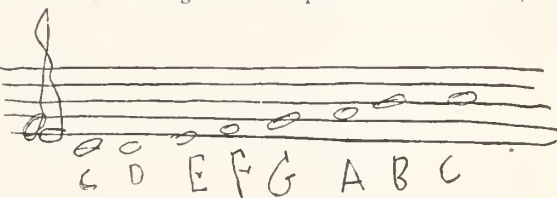
*To the Editor of BABYHOOD :*

I would like to tell the readers of BABYHOOD about my music-class of little ones, and at the same time put in a plea for the children to be taught music-reading as soon as they begin word-reading. The city schools have taken this in hand, and music is made a daily study; and so thoroughly is the work done that each graduate from the higher schools has not only a fair knowledge of music-reading, but a good foundation for future musical work. On the contrary, country children have very little done for them. The parents deliberately wait until the child is fourteen or sixteen years old before allowing her to study; this brings her working on the A B C of music at the age when she should be well advanced. Upon the early training of the ear depends, in a great measure, the musical future of the child. I am of the opinion that there is music in everybody, if it could be brought out, and the first steps should be taken with the child.

The great difficulty some pupils have with pitch and time come almost wholly, I think, from this lack of early training. So, I would say, teach the child to read music. If she is to play an instrument, the sooner begun the better. Let her hear good music, and, above all things, teach

her the difference between music and noise. In my class are eleven little girls and one boy, whose ages vary from six to eleven years. My greatest difficulty has been to keep them interested, but, after much planning and thinking, I have succeeded beyond my expectations. Perhaps how and what I did may be of service to some mother or teacher in the same work. Each scholar provides herself with a pencil and a small book made from writing-paper or blank music-paper. The first ten minutes are spent in writing exercises; as the class advances, I teach rests, the different kinds of notes, marks of expression, etc. An exercise is then read from the black-board, after which they march in perfect time to another room and form lines for gymnastics. After a few simple songs they march out and break ranks. Although keeping the same general order, I try to vary the exercises at each lesson. I let the class do as much of the work as possible. They take turns in leading in the marches and gymnastics, pointing in the reading exercises, questioning on former lessons, etc.; it adds to their interest, and helps to keep their eyes and ears open.

The gymnastics prove very attractive to them, and in doing them they have grown so straight and strong. I began very carefully with these, learning the weak points of each scholar, and



allowing a rest between each exercise. The class now do them by music and in perfect time. In connection with these exercises I have tried to correct bad walking, one-sidedness, and the numerous habits a child will fall into. They take great pride in keeping their books neat and clean. It is amusing to note the improvements added to some of them; one little girl fastened several tiny leaves to hers, upon which to take notes, and she jots down the kind of exercise and the hour of lessons in the most business-like manner. In the singing exercise I use many of the kindergarten songs; they are written within range of the voices, and many of them may be prettily acted. As it is so easy to do serious injury to children's voices, they should be allowed to sing very little. My idea in these lessons has been to teach them singing and keep them from singing. The progress they have made in

twenty-four lessons is really wonderful. All of the older ones are able to read and write simple exercises in the various kinds of time. The enclosed we call a very good scale for a little miss of six years who has only looked on.

*Fryeburg, Me.*

H. A. P.

#### **Tethered Babies.**

*To the Editor of BABYHOOD :*

Apropos of tethered babies, the following may furnish a suggestion to some hard-worked mother, if there be any such who read BABYHOOD. Five years ago we spent the summer in a country town not far from New York City, and frequently passed a house which had a wide, deep piazza in front, reached by a high and rather steep flight of steps. A baby, who could just toddle about, often played there, and our fears were naturally aroused for the little one's safety, on account of the dangerous proximity of the steps. A closer scrutiny revealed the fact that the child was tied by a strong cord around the waist, while the other end was securely fastened to the railing. The rope was long enough to allow it to roam in apparent freedom, and rugs and playthings were placed conveniently near. The child seemed rosy and contented, and the mother was probably pursuing her household duties, happy in the consciousness that her darling was safe.

H. E. H.

*Hempstead, L. I.*

#### **Another Case of Papa's "Boy" and Mamma's "Girl."**

*To the Editor of BABYHOOD :*

This is from a mamma who was somewhat startled on reading in her January BABYHOOD (thrice welcome visitor) the words, "Her name is Gertrude, but she says she is 'papa's boy'"; for my own small maiden of twenty-one months is named Gertrude, and says she is "papa's bo'" and "mamma's little dir'." Papa's boy she also is, and, although she does not stand on her own head, she sits on her papa's, at a distance of five feet ten from the floor, with all the ease of experience, and waves her arms about, looking like a graceful fairy perched up aloft. On the shoulder, with a firm hold on the hair of the above-mentioned head, she has been trained in riding since she was three months old, and gallops and trots with the firm seat of an accomplished horsewoman. She can take walks of considerable length, over paths too rough for her carriage, by means of an occasional lift on papa's shoulder, where he

does not feel the weight of a tall, fat girl as he would if he carried her in his arms.

When mamma takes her walking over paths previously traversed by Gertrude and papa, the "bo'" betrays the indulgence of her paternal guardian by reaching up to the fences and walls, saying, "Up-a-day." Papa "herds" his baby out-of-doors almost daily, and takes delight in introducing her to all the live things he can find—pigs, cows, and dogs. Ball is a favorite game, and papa is not above interesting himself in the dollies and assisting in putting them to bed before the "boy" herself goes.

When she is a little older T. Buchanan Read's "Brushwood" will be read to her, having been among her parents' wedding gifts and evidently destined for that purpose. In the morning one of her first words is, "How do, papa?" as she reaches out of her bed to shake hands. Papa and his "boy" are boon companions—a fact which conduces to the happiness and benefit of both; for the contact with the sweet, gay spirit does papa good, and contact with the masculine nature teaches the little daughter fearlessness and trust, and so both mind and body are trained.

If fathers realize the proud affection which their daughters are capable of feeling for them, they will feel no time misspent which is given to cultivating a companionship that may be one of the sweetest and most satisfactory of all life's relationships.

C.

*Meran, Tyrol.*

#### **Regulating the Baby's Sleep.**

*To the Editor of BABYHOOD :*

One cannot say too much in condemnation of the principle which leads parents to abandon the midday nap in the cases of very young children, in order "that they may sleep late in the morning." Equally to be condemned is the practice of keeping children up late in the evening, "so as to get them thoroughly tired out and make them sleep soundly." These innovations are the outcome of selfishness on the part of the parents. A child who is deprived of his nap through the day is sure to be fretful and unreasonable long before bed-time. In most cases his humor makes his mother or attendant nervous and irritated almost beyond control; and yet this is the time when patience is most needed to amuse and divert the overstrained child. The mother has herself to blame. But is it fair to inflict such a state of things upon the child and upon the attendant?

As regards the late evening hours, it can

scarcely be hoped that the unnaturally stimulated brain and overtired body resulting from them can even be fully repaired by the remainder of the night's sleep, to say nothing of being fortified and strengthened against the ever-increasing wear and tear of to-morrow. It is natural for a child to wake up early, and, with a little effort, he can generally be taught to amuse himself till it is time for his parents to rise. Favorite toys and books may be placed within easy access for him when he wakes. He will soon acquire the habit of talking and singing softly to himself so as to disturb no one.

Geneva, N. Y.

M. G. R.

### The Diet of Nursing Mothers.

To the Editor of BABYHOOD :

Not long ago I mentioned in BABYHOOD some of my experiences as a vegetarian, which seemed to have some bearing upon the diet of very little children. I would like to mention another also which is connected with the diet of nursing mothers.

A medical writer in BABYHOOD lately spoke quite decidedly against the popular idea that fruit and vegetables ought not to be eaten while nursing. My experience agrees so well with his opinion that it seems worth giving. Being the strictest kind of a vegetarian, and using neither meat, milk, eggs, nor butter, my food while nursing was naturally composed almost entirely of those very things which are supposed to produce colic and kindred troubles in babies whose mothers partake of them. My baby, however, during the whole period of nursing, as well as beyond, was never even suspected of such a thing as a stomach-ache, nor were there ever two minutes in which I could use that most common expression among mothers, "The baby isn't very well." My baby was *always* well, and always perfectly happy and good. It may be said : "Some babies can bear anything. Probably this one had an uncommonly strong digestion." On the contrary, he must have inherited a weak one, both his parents having taken to the so-called hygienic diet on account of digestive troubles. I will add that I was an excellent nurse.

Undoubtedly a mother's milk is affected by her diet, for we all know how different the milk of a cow is according to the food that she eats. The food which makes, therefore, the best milk for a human being or an animal must be simple and wholesome food, which will keep the general health good. The articles to be avoided are not, as I believe, fruits and vege-

tables, but rich, fatty, highly-seasoned dishes, such as are unfortunately especially in fashion just now. Such food, being naturally difficult of digestion and disturbing to the system, must have a bad effect upon the milk through the general health. A woman who is in a dyspeptic state cannot have as good milk as if she were in perfect health, and that such a state is a very common one is shown by the prevalence of dyspeptic breaths.

These same considerations ought, of course, to influence a woman who is expecting to become a mother. The thought that another being is forming its physical constitution from hers ought certainly to make a woman strain every nerve to keep her health perfect and her blood pure, and that will not be possible if her digestion is being strained beyond its capacity.

Boston.

VEGETARIAN.

### A Substitute for Leather Straps in case of Rupture.

To the Editor of BABYHOOD :

Another way of dispensing with the leather strap in case of rupture I have found useful. I made bands of double cotton flannel, putting on button and button-hole to fasten the strap around the truss behind, and making several eyelets to button on to the little knob of the truss in front. As these straps can be washed, they present one advantage over the wash-leather straps.

C. F. D.

Jamaica Plain, Mass.

### The Golden Mean between Harshness and Over-Indulgence.

To the Editor of BABYHOOD :

I have a little boy, just two years old, who keeps me in a perfect state of bewilderment as to when and how I should punish him for his little misdemeanors, which are so many now that he runs about and gets into so much mischief. It is very hard, at least for me, to know what is the golden mean between harshness and over-indulgence. I wonder if other mothers have been surprised to see the baby who has always been so winsome and sweet suddenly begin to develop such naughty little freaks at times? I so earnestly wish to help my little boy to grow up to be a good man that I often wish that some of the good women who read BABYHOOD would oftener tell of experiences with the faults of their little children, and the best way to correct them.

ONE WHO DEARLY LOVES BABYHOOD.

Jamestown, N. Y.

## THE KINDERGARTEN AT HOME—XVII.

BY GRACE C. KEMPTON.

## SONGS, GAMES, ETC. 1

IN Froebel's ideas great sympathy is shown for the spontaneity and joyousness of childhood. This is especially shown in regard to the singing and repeating of poetry, games, etc. The true kindergartner is quick to detect just the right opportunity for the influence of



1. Come, lit - tle leaves, said the wind, one day,
2. Soon as the leaves heard the wind's loud call,
3. Crick - et, good-bye, we've been friends so long!
4. Danc-ing and whirl - ing the little leaves went,



Come o'er the mead-ows with me and play,  
Down they came flat - ter - ing, one and all,  
Lit - tle brook, sing us your fare-well song,  
Win - ter had called them, and they were content,



Put on your dress-es of red and gold, For  
O - ver the brown fields they danced and flew,  
Say you are sor - ry to see us go;  
Soon fast a - sleep in their earth - y beds, The



sum - mer has gone, and the days grow cold.  
Sing - ing the soft lit - tle songs they knew.  
Ah, you will miss us, right well we know!  
snow laid a cov - er - lid over their heads.

song, and bursts forth with the one suggested by the occasion, sometimes merely a rhymed sentiment to a familiar tune.

In the opening exercises the children repeat this simple prayer:

Now, before we work to-day,  
We will not forget to pray  
To God, who kept us through the night,  
And woke us with the morning light:  
Help us, Lord, to love Thee more  
Than we ever did before;  
In our work and in our play,  
Be Thou with us through the day.

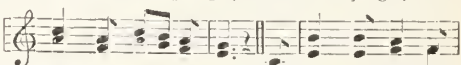
One cannot visit kindergartens without observing the earnestness with which the children join in all the exercises. In learning the prayer or other words they are not forced to repeat it until tired of its thought or sound, but gently led to think of Him from whom all good comes, and are taught the spirit and meaning

with the words. Each line is talked of very carefully, and the children's thought upon it drawn from them, their mistakes corrected, and the full meaning brought home to them by illustrations from their own lives.

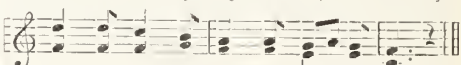
After the prayer come little talks suggested



The morn-ing bright, with ro - sy light, Has



waked me from my sleep. Fa-ther, I own Thy



love a - lone. Thy lit - tle one doth keep.

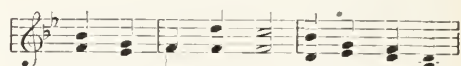
by the happenings of the day, special opportunities being taken to inculcate kindness, courtesy, and generosity. Simple verses are repeated and explained; one of the favorites is:

To do to all men as I would  
That they should do to me,  
Will make me kind and just and good,  
And so I'll try to be.

These songs of praise are known in the kindergarten as "Thankful Songs." One of the loveliest of these is:



1. Let us with a joy - ful mind, Praise the
2. All things round us He has made, All things
3. All who love Him, He will bless, With e -
4. Let us, then, with gladsome mind, Praise the



Lord, for He is kind; For His mer - cies  
liv - ing He does feed; For His mer - cies  
ter - nal joy and peace; For His mer - cies  
Lord, for He is kind; For His mer - cies



shall en - dure, Ev - er faith - ful, ev - er sure.  
shall en - dure, etc.

Before singing it the children talk of all that they have for which to be thankful. "I am thankful because mamma is better," says one. "And I because I have a new doll." "And I for the sunshine," etc. As one hears such small children giving voice to gratitude, and sees the earnest sincerity, the influence of it as real worship is strongly felt.



A favorite thankful song is also "The Morning Bright."\* So pretty and various are all the kindergarten songs that it is difficult to make a small selection. To represent each class, however, is the object in the ones here given.

Little has been said in these articles of Froebel's theories in regard to the kindergarten, but a word should here be given upon that which is the fundamental theory, in order that the songs, games, and indeed all the work may be more thoroughly understood. •

Froebel saw that every child was related, from birth, to God, to man, and to nature, and that we should in education recognize the relation



1. There was once a lit - tle bird - ie,
2. Would you know what sang the bird - ie,
3. Lit - tle chil - dren, join the mu - sic,



Liv - ing in a for - est tree,  
Liv - ing in a for - est tree?  
Of the bird - ie in the tree,



And it sang a song one morn - ing,  
Joy - ous - ly it sang that morn - ing,  
Sing a - gain this hap - py morn - ing,

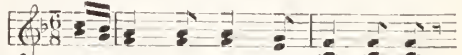


That was sweet as sweet could be.  
"God is good, He cares for me!"  
"God is good, He cares for me!"

and do all that we can to strengthen each. Observe that the first exercises of the morning are to lead the child to thoughts of God. The second exercises are to lead them to consideration of others (relation to man) and nature, while the pervading influence of the whole

morning includes recognition of all these. Often in the songs or games two of the relations are combined, as in "The Birdie's Song." Through the conceit of the bird's gratitude the child is led to think of the Creator gratefully.

Perhaps the most charming song whose spe-



1. What does the ba - ker make, we say,
2. And now he presses and cuts his cake,
3. Then into the oven with a push they go,



As he rolls a - way from day to day,  
Get - ting it rea - dy so soon to bake;  
And oft he turns them to and fro,



Roll - ing so stead - i - ly this way and that,  
He makes the cook - ies so smooth and round,  
Roll - ing and press - ing he makes them sound,



Roll - ing his dough so thin and flat?  
And one is cut with each lit - tle sound.  
When they are done, one for each will be found.

cial object it is to draw the child to nature is the little autumnal song called "Come, Little Leaves." The children with their hands illustrate the leaves fluttering and falling from the trees, and later the dropping snowflakes which cover them. One child personates the cricket and chirps his good-by, others the lambs who "baa" their farewell.

The best games which illustrate the occupations of men are too long for insertion in BABYHOOD's crowded pages; but one very pleasing game of this kind is given ("The Baker"), briefly representing the class. The finger-plays have been mentioned formerly.

## CURRENT TOPICS.

### Babies of Other than Human Households.

ACCOUNTS of parental instinct in the lower animals are always interesting, and a very striking one has recently been given by the *Times* of Philadelphia:

In Forepaugh's menagerie there are six as lithe and brightly marked tigers as anybody ever saw. One morning, at daylight, the keepers

\* "Songs and Games for Little Ones." Gertrude Walker and Harriet S. Jenks.

were surprised by an unusual commotion among the cat animals. The men got out strong ropes, lassoes, and nets, believing that some of the most formidable of the wild beasts were out of their den.

They approached the wide stairs with caution, and entered the room. The tiger-den was a scene of fierce confusion, and the other animals shared the excitement. The men advanced to the front of the den, and were met with demonstrations of anger. Lying close to the

wall in one corner was a huge Bengal tiger, and at her side a pair of beautifully marked cubs, with eyes closed like a young kitten's. With eyes of wonder the men gazed at the treasures which had been born during the night. Still, they could not understand why all the wild beasts should seem so restless. One of the keepers, following the eye of a huge panther, shouted: "Boys, look! One has got out, and is on the floor!" One cub had crept through the bars of the cage and tumbled out, and wandered around until it had tired out and gone to sleep.

When one of the men carefully picked it up it uttered a feeble cry. The scene that followed made those men, used to danger as they were, white with fear. The tigers bent the bars of their cages, and the lions roared in unison with the shrieks of the other animals. It was a little pandemonium. To attempt to put the cub through the bars into the cage from which it had fallen was certain death to whoever undertook it, for with their long forearms and curved claws the tigers would have torn to shreds whatever had been in reach.

Finally, one of the cool-headed keepers took the little, speckled, sightless beast, and, climbing up the end of the cage, opened a small hole left for ventilation, and dropped the cause of all the trouble at the feet of its mother. She tenderly placed it beside her other offspring, lay down herself, and in two minutes the cunning-looking kitten was taking its nourishment, and everything soon quieted down.

#### The Baby Preserved the Money.

MR. RICHARD CHURCH, of Belvidere, Allegany County, well known in Western New York, recently visited Auburn prison, according to the *Buffalo Express*, to look after the construction of a steam-engine which was being built for him in the prison shops. He was allowed to converse with the convicts at work on the engine.

"How do you do, Mr. Church?" said one of the prisoners, who had paused to wipe his face on the sleeve of his striped jacket.

"You have the advantage of me," said the visitor. "I don't recognize you—certainly not in that uniform."

"Well, I know you," said the convict, smilingly. "Do you remember one dark night two years ago this summer, when you were riding alone through the woods just this side of Angelica? You were driving your mare Kate, when she suddenly shied and almost turned over your carriage. You said: 'Whoa, Kate;

that's something new for you to do. Behave yourself.'"

"Yes, I remember that incident. It was the first time Kate ever was frightened, and it surprised me."

"Well, I'll tell you what startled her. I had just stepped behind a large brush-heap by the roadside to get out of your sight. The mare saw me. I was on my way to rob the treasurer of Allegany County. I knew he was going to deposit the county money in a few days, and that he kept it in a box under his bed."

"Did you get it?" asked Mr. Church.

"No, but I came very near to getting it. I got into the house. I had just reached the door of the bedroom where he and his wife and the baby were sleeping, and was about to enter, when the baby cried and awoke its mother. I waited a long time, but I guess the kid had the colic. Finally I made my sneak and gave it up for that night. I went back to the big brush-heap and hid in it all day without a mouthful to eat. I didn't want to be seen anywhere around that neighborhood, because I once stole horses there and some of the people knew me."

"Did you try it again?" asked Mr. Church.

"Yes, on the following night—but with the same experience. The treasurer was walking the floor with the baby. Next day he took the money to the bank and deposited it."

#### Serious Trifling with Vaccination Laws.

ANTI-VACCINATIONISTS have shown enough strength and obtained enough influence in Zurich, Switzerland, to test their theories pretty thoroughly. Up to within a few years a compulsory vaccination law existed, with the result that small-pox was wholly prevented—not a single case occurred in 1882. But this result was seized upon in the following year by the anti-vaccinationists, and used against the necessity for any such law, and its repeal followed. The death returns for that year (1883) showed that for every 1,000 deaths two were caused by small-pox; in 1884, there were three; in 1885, seventeen; and in the first quarter of 1886, eighty-five.

#### Modern Helps for the First School Days.

THE advantages which little children of to-day have over those of the past generation, in the matter of school-books, is not likely to be appreciated by them until they grow old enough to compare them with such as may be handed down from the early days of their fathers. The publication of educational works, from the primary grades up, has attained, says

the *American Bookseller*, a development quite without parallel in any other country, both as regards the extent of the production and the general excellence of the books produced. In no other country are better manuals placed in the hands of pupils during their courses of instruction. With the growth of the country the public-school system grows in magnitude, nor is it probable that there will be any check to this general diffusion of educational facilities. The system is the keystone of our political system, the training-ground of citizens, and much of its progress is due to the publishers of educational literature. Unless they had responded to the demands of the teachers for improved textbooks in every department, the work of teaching would not have been carried on as successfully as it has been.

Contemporaneously with the growth of our public schools there have been many and vital changes in the system of teaching. The old A B C book, and the old multiplication-table, the old ferule and dunce's cap, are all things of the past. New methods have superseded the ancient style of school-teaching in every department, and numerous new branches of study have been added to those which used to form the curriculum of common schools. The philosophy of education is an entirely new science, and its influence is seen, not only in pedagogical works which are issued for the instruction of teachers, but still more clearly in the application of philosophical and psychological principles in the preparation of the books intended for the hands of pupils.

At the same time, the mechanical improvements in school-books have fully kept pace with the improvement in their method and contents, and the increase in their numbers. The old school-book was anything but a thing of beauty; its paper was poor, its binding weak, its illustrations, when it ventured on them, rude in execution and misleading in design. To-day the American school-book is remarkable for beauty of typography and excellence of illustration; in fact, many of the little cuts in the books that are tossed about in every school are equal to our best magazine illustrations as specimens of the engraver's art. In attaining this result,

competition between the publishing houses has been an important factor, for each house strives to present the best book on every subject.

#### Cash Value of a Clergyman's Baby.

THE following advertisement recently appeared in a New York paper:

**WANTED**—AN UNMARRIED CLERGYMAN to take missionary work among coal mining people in Pennsylvania; very encouraging work; salary at least \$750.

Thereupon a reporter interviewed a few leading city pastors to ask what were the probabilities of a man being able to live upon such a salary. Among other remarks, Dr. Collyer, in reply to the question, "Suppose the young minister gets married," said:

"Then he'll be worth more and he'll get more. There will be such forces awakened in him that he will preach better sermons. A baby will be worth \$250 a year to him, and as his family grows to be large and splendid, so will his salary. I remember a young man who preached on the training of children. He got married afterward and children were born to him, and I tell you he preached sermons much different from the first one. You have heard the old story of the young artist who tried to paint the Holy Family. He got a Joseph. That was easy enough. But he could not get a Madonna. Finally he was married, and, bless your good soul, there was his Madonna before him like an inspiration. But then he could not paint the Child. He succeeded finally, though, for children were born to him, and then he painted the Holy Family and his success was secured. Yes, the deeps speak to the deeps. When you're single you're only worth \$750, as you preach only from observation. Good-by."

#### Her Milk Trust.

THE following appeared in the New York *Herald* during the recent cold snap:

"TO THE EDITOR OF THE HERALD:

"My nurse tells me that there is likely to be a milk famine, and that there are many hundred gallons frozen up on the railroads leading into New York. I'm glad I am independent of this famine, for I have a very reliable source of supply. DOTTIE (aged one year)."





## HIGH-CHAIR PHILOSOPHY.

AS our four-year-old was listening to the nurse vainly endeavoring to pacify his two-weeks-old sister, he was overheard to say, evidently remembering some experiences of his own: "If my papa was here, *he* could make that baby stop crying!"

E.'s mamma having been very ill in the spring, I presume some one had told him that God had sent the illness, for, in the summer, after partaking a little too freely of watermelon, he came and stood by my side, and, looking very uncomfortable, said: "God didn't send this stomach-ache, did He? That's *my own business*, 'cos I ate too much watermelon!" His papa says that is sound theology, and he hopes he will stick to it all his life.

Not long ago his father, not wishing him to have much cake at supper, took a piece and said, "I will divide with you," at the same time cutting off a small piece for his son. The little fellow looked at it a moment in silence, and then said: "I don't call it *dividing*, unless you cut it *in the middle*."—*S. M. S., Evanston, Ill.*

—Here is our baby's first joke: "Granca" coming in from his walk one afternoon, and finding little Edith—less than two years old—frolicking, singing, and shouting in high glee, greeted her with "Hurrah! How d' do? Here is a lively toad." After tea "Granca" sat down in his arm-chair to read the New York papers. He fell into a doze, and, seeing him thus, little Edie ran to him, and putting her hands on his knees and looking up at him, called out, "Ow d' do, lively toad?"—*Granca, Ithaca, N. Y.*

—Frank is never at a loss for a word, and if the English language—or what he knows of it—cannot supply him, he is able to coin one at a moment's notice. He had waked very early one morning, and was begging to be allowed to get up and dress. "No! no!" said Aunt Agnes; "lie still now. No one else is out of bed yet." "But I do so *want* to get up," Frank answered; "I'm so *unsleepy*."

The children had found a blank corresponding-card with a black border. "Well," said Frank, "that isn't much of a letter. Nothing on it but mourning. Who's dead?" "Maybe," suggested Alice (not yet five)—"maybe it came from the dead-letter office."

Rob has had several instances of the efficacy of mustard-plasters. The other day Alice had a pain in her teeth. "I know 'hot to do,'" said Rob. "I det a mussard-paster, and dust put it on 'our teef.'" But Alice would not consent.

Frank has heard considerable talk about temperance, but his ideas on the subject seem to be just a little odd. He came in the other day to tell me that another little boy and himself had formed a temperance club, and were going to sign a pledge not to drink anything "but champagne." He did not say who was to furnish the champagne.—*M. C. H., Cranford, N. J.*

—Ray: "Mamma, see me turn a summersault." Lyle: "See me turn a summer-sot, too, mamma." Mamma: "But it isn't summer, you know." Lyle, quickly: "Well, see me turn a *winter-sot*, then."

Little Lyle, not two years old, was sitting outdoors one sunny afternoon with his cousin Lonnie. Being quite contented and comfortable, he began sucking his thumb—a bad habit of which we were trying to break him. Lonnie said: "O Lyle, don't put that thumb in your mouth; it's dirty. Don't do that, Lyle; I wouldn't." "No," said Lyle, "I know 'oo wouldn't; 'oo dot 'oor own fumb."

One day I called Lyle to stand in front of the glass and see his "moustache like papa's," meaning a little dirt on his lip. The next day some one caught up his hands and looked at them. They were very dirty. He laughed out and said, "Oh! lots of mustasses, lots of mustasses."

The superintendent of one of our Sunday-schools always calls the roll before the classes take their places, and thereby hangs a true tale. When he came to the name of Charlie Webster, a little four-year-old brother who was present answered: "Chally Webhter he couldn't come, 'cauth he got hith Thunday panth tore." The explanation seemed satisfactory.—*M., Illinois.*

—I was driving with my little Rob, aged two-and-a-half, along the country roads when the dogwood was in bloom. The beautiful white flowers excited his ardent admiration. He inquired what it was several times, and was told: "That is dogwood." Presently he spied near the roadway a very small specimen, not more than a foot high, but covered with blossoms. "Look, mamma," he cried, "there is a little *puppy* wood."

Zene, aged three, had a nervous dread of dogs. A friend gave her older brother a large Newfoundland, who was an object of terror to her. One day she ran trembling to me, crying: "O mamma, that dog will eat me up. I know he will; but if he does I will ask God to make me again, and make me out of *nails*. Then I will be so hard he cannot eat me."

Little Betty loves her three-year-old neighbor Clare very much, but when they do not agree Betty enforces her opinion by a vigorous use of her teeth. One day Clare was going to see Betty, and wished to take Juno, her dog, along too. Her mother said: "Do not let Juno go; she may bite Betty." Clare replied, with considerable spirit: "Why, mother, Juno doesn't bite *half* as bad as Betty does."—*Mrs. T. M. P., Henderson, N. C.*

—Alice, not yet three years old, was devouring a large slice of bread and butter. "You're a little *pig*," said a teasing uncle near by. "No, I not," she answered, with a roguish twinkle. "I a little bread and *butterfly*."—*Mrs. R. W. P., Newark, N. J.*

—Little Emma, hearing a great deal of talk about Washington's birthday, was much amazed to discover one day that this great man was dead. "Then if he is dead," said she, "how can he have a birthday?"—*An Auntie.*

—Little Charlie, aged four years, said one day, "Mamma, does Herbert's school keep to-morrow?" and, being told that it did not, for Saturday was a holiday, said: "Why do they call it a holiday? Oh! I know: it is because they 'holler' on those days."—*Mrs. C. M. N., Connecticut.*





# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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THE constant use of rubber garments and foot-coverings, necessitated by the sloppy weather peculiar to this season, makes it necessary that we should appreciate the dangers to which they may expose us. In being impervious to moisture from without, they are necessarily not pervious to bodily heat and perspiration. These are retained, and the skin is left in a state of special susceptibility, which may become a positive danger when the garments are removed. Colds and serious pulmonary troubles may result from indiscretion in exposure at such times. When coverings of this sort have been worn for any length of time, safety demands that the clothing beneath, moistened by the perspiration, should, so far as possible, be changed and the skin thoroughly dried.

We print in another column a letter on "The Need of Stimulants during the Nursing Period," more particularly with reference to ale. It is a subject concerning which there is considerable difference of opinion. Doubtless many physicians do believe that ale helps the flow of milk. In BABYHOOD'S belief the use of alcohol in any form is advantageous only under the following conditions: If there is a temporary loss of appetite, wine, ale, or dilute spirits may stimulate the appetite, and by stimulating the stomach render it better able to do its work, and thus indirectly conduce to the supply of milk. The stimulants, however, have no direct action on the milk-secretion, and there is, except as above stated, no reason why a nursing woman should use them

more than any other woman. In BABYHOOD'S judgment the physician recommending a stimulant should explain that it is a medicine to be taken and to be discontinued under explicit direction, like any other medicine. It is not to be recommended as a food or beverage. The question of abstaining on moral grounds we do not discuss. The effect on the baby is hard to prove. The writer has observed the infants of French families in which wine was the table drink, of English and German families who used beer, without being able to note any effects different from those in the most abstinent New England families. Of course we are not speaking of inebriate mothers. The only point we make is that a woman who is nursing has, as a rule, no particular reason for varying her usual abstinent habits.

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A mother writes to the *Christian Union* to inquire as to the indications of Providence with regard to her duty in the following matter: Having been bereaved of four children, she desires, to engage more in Christian work for others. But just at this point her only surviving child sickens of scarlet fever. "What am I to infer from this interference with my plans? That to engage in outdoor work would for me be wrong? And am I justified in attempting it again when my little girl has fully recovered?" The question is answered by the journal referred to from a standpoint of future duty entirely, but the character of the answer illustrates how differently differ-

ent persons may view a given subject. We venture to say that almost the first thought that would come to the mind of a physician, experienced nurse, or other person accustomed to noting the various conditions in which children of different families are brought up, would be to raise the question: *What were the causes of death of the other four children?* Might they possibly be traced to the fact that the mother was occupied in outdoor religious work? Now, we have not the slightest reason for suspecting that such was the case *in this instance*, and it would be wholly unwarrantable, no particulars being given, to so suspect; yet it certainly reminds one at once of cases, to which physicians can constantly bear testimony, where a mistaken sense of duty calls a mother to engage in philanthropic enterprises to the detriment of her children's interests and needs. If in a mother's absence an accident, an exposure to a contagious disease, carelessness in the matter of eating, or any other of a dozen daily possibilities occurs, resulting in a child's death, and if the contingency could clearly have been prevented or avoided by the presence of the child's natural guardian, it makes little difference whether the engagement that called her away was for a theatre or a prayer-meeting, a card-party, ball, or visitation of a hospital. Some of the most melancholy cases of neglect of children are in families of the most well-meaning parents.

In nothing is the truth of the line "a little knowledge is a dangerous thing" more aptly pointed than in the treatment of illnesses by untrained and unauthorized persons. There are a great many individuals, otherwise estimable, who yield to the fascination of this indulgence, and who, sooner or later, are brought face to face with some emergency their trifling has occasioned or aggravated. Certain of the lesser ailments affecting the family health can—perhaps not improperly—be met by the application of some simple remedy whose composition is well known and whose action is known to be entirely safe. It is, however, even in

these cases, most important to guard against mistaken application. The field of the treatment of family ailments by unqualified persons is most limited, and the wisest are they who attempt little or no domestic treatment. But the evil we have in mind goes much beyond the sphere of harmless remedies and has its origin in a reckless self-confidence or a restless desire for prominence, leavened, it may be, by a more or less honest but mistaken wish to do good. Truly do such "rush in where angels fear to tread." "Clarence seems a little feverish this evening," said a visiting friend to a mother. "What are you doing for him?" "Oh! Mrs. B. was in this afternoon, and said I ought to give him aconite; and *she* is a 'born nurse,' you know." So Clarence gets aconite left by the doctor at a previous illness in the family, and in a dose proportioned to a different age and case, and the foolish mother is—for the time—content. But there is usually a quick awakening, and, it may be, to much painful and useless regret.

The Cincinnati *Eclectic* makes a vigorous attack, which seems to us to be entirely justified, upon the soft rubber rattle, and places it in the *Index Expurgatorius* of infants' toys, on the ground of its persistent and hopeless uncleanness. No one needs to be told where the bell of the rattle spends most of its time when in Baby's hands; we need, then, only point out the fact that it receives pretty constant contributions of saliva that are commonly allowed to dry in and upon it. These, from the conformation of the toy, are not easily removed, and, indeed, in many cases no attempt to do so even is made. "This condition goes on until the toy is a magazine of animal poisons, to contaminate and recontaminate the innocent victim of thoughtless inattention." The germs of contagious disease are all about us, and lurk in the most unlooked-for places. Such diseases are known as "filth diseases," because their origin is so commonly due to unsanitary conditions. It will be the part of prudence, as it will be that of cleanliness, to

use no implement either in the feeding or amusement of Baby that cannot at all times be thoroughly inspected and easily and perfectly cleansed.

It seems hardly necessary to say that children should never be corrected or punished in the presence of company, and yet it would almost seem that some are corrected only at such times. Apart from the distressing effect of such an act upon the outsider, a special humiliation falls upon the child, from the publicity of the rebuke that must be followed by not a little resentment. If a child cannot be governed by a word or a look in public, there is something radically defective in its home-training. Neither a social gathering nor a public place is the field in which to reform the mistakes of the nursery, and the wayward one "must be left to his own naughty devices and look forward with the rest of us to the hereafter for punishment"—and if the hereafter comes with absolute certainty, there will be no need, as all experience demonstrates, of its being particularly severe.

It may appear to our readers that the article which we print elsewhere from the *Churchman*, on "juvenile crime," is somewhat out of place in these pages, as it is hardly probable that the class of families visited by this magazine is the class from which criminals are to be recruited. But the article presents one of the phases or conditions of life with which we are surrounded, and which parents of little children must take into consideration as having a positive, though perhaps very indirect, influence in the associations which boys will find their way into at the age when the restraints of home begin to be a little relaxed. It would be amusing, if it were not so serious, to hear, as one often does, a father or mother say, "Oh! my boy's mind is *perfectly* innocent and free from evil thoughts of any kind, and he chooses only the most unexceptionable friends," when, in fact, those who know him could testify to a species of deceit that he was practising upon his parents in that re-

spect, though possibly without being positively vicious or intending wrong. It can do no harm for us to occasionally consider the great power of early impressions, and see to it that there is no screw loose in our management by which the ever-present atmosphere of evil may be making inroads in our little ones' hearts in ways unsuspected. Doubtless the greatest danger is from the associates of school, where, as many teachers will testify, the good and bad seem thrown together in most discouraging ways. Still, there is another side to the subject, as an incident recently related to us by a correspondent will testify: "I saw you playing with Harry Blank this morning," said a mother properly anxious about her son's associates. "He is rough, boisterous, and I am afraid not always truthful. I want my son to have the example of gentler, better companions." "Perhaps," replied the son, "that is just the reason his mother wishes him to play with *me*." A certain honest, unassuming self-respect will sometimes show itself at a surprisingly early age, and goes a long way as an equipment against influences of evil companionships.

The gospel of caution in all that pertains to the care of the baby is percolating through all kinds of periodicals to such an extent that it is not surprising to find the staid and solid *Bankers' Monthly* printing the following:

"Milk on ice, in the milkman's can or in the domestic refrigerator, is continually receiving and becoming more and more infected with the germs of decomposition. The practical lesson from all this is the necessity of boiling milk or other artificial food for children shortly before it is given as nourishment.

"This cannot be too strongly impressed upon the minds of all concerned in the welfare of children, and the younger the child the greater the importance of observing the rule.

"In the banking family the senior officers should boil the milk of instruction and guidance for the younger and less experienced, and see that there are no germs of disease in it to start moral decomposition."

Thus is the word passed along for both the physical and moral benefit of the bald of all ages, from the new-comer to the bank-president. May the lesson be heeded!



## NIGHT-NURSING.

BY E. C. FAHRNEY, M.D., HAGERSTOWN, MD.

SLEEP that knits up the ravelled sleeve of care," "tired nature's sweet restorer," is a true and needed friend of every mother with a young child; and the number of mothers who allow this blessed recruiting time to be interrupted for feeding the baby is too large. When the child has developed and gained strength to continue its own existence, then the mother realizes whence that strength has come and whither hers has gone. In addition to regaining what she has lost in producing the child, much of her physical power is required to support the new-born, whose appetite, if indulged, seems never to abate day or night. From morning until night she furnishes nutriment for her own body and food for the child; if possible should she not have the advantage of rest during the night?

Some truth lies in the old saying that one hour's sleep before midnight counts for two, yet we will include the hours between ten P.M. and four A.M. the most suitable for pleasant repose and beneficial rest; the condition of the time is shown in the expression, "the dead of night"—typical quietude. The mother should have this time for rest.

But the question arises, Does the child need nursing during the night hours? We think not. From the first, regularity should be the watchword for every mother; and, generally speaking, children are what we make them, and do as we have them do. During the first two months the baby should be fed every two hours from four A.M. to ten P.M., which gives ten nursings—a large drain on the mother's system and no small amount of work for Baby's stomach. Surely even a baby's stomach needs rest, and once in twenty-four hours a protracted rest.

From ten P.M. to four A.M. furnishes an opportunity—a rest of six hours, and only two nursings lost, and the time intended by nature for quiet and sleep. If now the child thrives without being fed at night, and the mother is saved this disturbance and work, let night-nursing be abandoned altogether.

Do not begin it and there is little trouble. At first, from the regularity of the day-nursing, the stomach responds at night, and the child calls for its food by crying—potent words to a young mother's heart and hard to refuse. However, a little perseverance overcomes this; the child soon becomes accustomed to not having meals at night, and falls into the habit of sleeping all night. Apprising mothers of this course, we are universally met with the question, "How can it be done?" The answer is simple: *Do it.* If you have not begun night nursing, never begin; if you are doing it, no matter what the age of the child, stop at once. Like any unwarrantable habit, it is advisable to desist abruptly, and there is no need to break off gradually.

If the mother suffers from enlarged breasts she can obtain relief from sources other than the child, withholding the relief as long as possible to lengthen the time. Usually a short time suffices to accomplish the new course. With the child there may be a few nights of crying-spells, but children are very susceptible and quickly fall into whatever habits we adopt for them.

If the mother cannot endure the crying of the child, and is inclined to appease its seeming hunger by indulgence at the breast, the child should be given unconditionally to a nurse, and removed to a room of the house whence its cries cannot be heard by the mo-



ther. Especially should this be done when the mother recovers slowly, each day bringing only a small amount of coveted strength. These mothers, from their nervous weakness, are usually more ready to submit to Baby's faint but telling cries, thinking it cruel to starve the helpless little one.

Further, directly Baby comes, mother is an invalid and must have careful nursing. Other things being equal, the better the nurse the less tedious and the more rapid and thorough the recovery. A good nurse will make every effort to have the mother comfortable; to relieve her of worry or undue thought about the child; to allow no disturbance to her quiet rest. It is true, there is much time during the day for sleep and rest, but no amount of day-sleep gives the same relief to the mother's nervous system as the prolonged rest at the proper sleeping period. We have found that night-nursing retards recovery from the shock sustained during labor. After this period is passed, and the mother has risen from her bed to resume some or all of her daily duties, there is less opportunity for day-sleep. Now the demand for undisturbed night rest is more imperative; now the demand for a cessation of physical and mental strain is stronger. Let any one not a mother be wakened and kept awake for twenty minutes two or three times every night, and serious complaint will soon be forthcoming, more quickly when this awakening involves rising, work, and anxiety. Even sleep broken nightly by vivid dreams soon tells upon the bodily vigor.

Whatever means is used to keep up the mother's strength is equally important to child and mother. How can a weak, nervous mother give strong, wholesome milk to her child? How can a child grow properly on nourishment received from such a mother? An insufficient supply of milk is often caused by an improper amount of sleep. We have seen mothers, anxious about the scantiness of their milk and using every available means to produce the usual quantity, have an abundant flow after discontinuance of night-nursing. Not only did the milk in-

crease, but it was of a better quality. Six hours of uninterrupted, sound sleep rest the nervous system and give the physical powers a chance to recuperate.

The irregularity of night-nursing is another weighty objection. If the mother nurses her child every two hours during the day an alarm would be necessary to observe this regularity at night—a ghastly feature to think of. Reject the alarm, and the baby will likely be fed when it cries, once, twice, or three times a night. Only recently a mother told us that she nursed her child as often as six times a night, and as seldom as once; but we are glad to say, when she became convinced that all this was wrong and unnecessary, she was as grateful as the converted Hindoo woman, who no longer commits her blessed charge to the watery god of India. And well might she be. The child took to the new régime almost as quickly as did the mother, and the latter soon became more cheerful, gaining in strength and weight. Another mother, suffering continually with headache and nervousness, abandoned night-nursing with a similarly happy result.

As the child grows older, and the nursing-time comes around only every three or four hours, the sleeping period at night may be lengthened. Many children accustomed to the new plan sleep soundly from ten P.M. to five or six A.M. night after night; of course they have been in bed ever since seven. The mother, having slept well, awakes well; the child likewise. Thus is the mother emancipated from one of the most tiresome burdens of child-raising; and, except in sickness, night no longer approaches to fill the mother with apprehensions of waking hours and wailing notes of woe, but comes a peaceful, welcome visitor. She lies down with joy, and swoons away in the soft embrace of darkness, sweet sleep gently soothing every fibre of her delicate frame. If the child cries, turn it over, straighten its clothing and bedding, and try to give it a comfortable position; if old enough, give it a drink, in warm weather turn its pillow, but do not nurse it.



## IS THE DOLL DOOMED?

THE extract from Miss Frances E. Willard's article concerning the love of dress which girls are supposed to learn from their "wretched, heathenish" dolls has called forth an unusually large number of replies from *BABYHOOD*'s readers. Most of these are protests, more or less emphatic, against the extreme view taken by Miss Willard, but not a few admit at least the partial justice of her strictures, while one or two join unhesitatingly in her condemnation of what has hitherto been considered the natural companion of girls of every country and station. We publish extracts from those letters which appeared to us representative of the various views held on the subject.

A reader in Northboro, Mass., fortifies her own opinion by a quotation from Colonel T. W. Higginson, "that foremost friend of woman and therefore of dolls":

"It is a very instructive fact," says Mr. Higginson, "that two of the best mothers I know—and mothers, it must be added, on the largest scale—have had their preliminary training solely through the charge of dolls. I visited lately the nursery of one of these mothers, arranged as the collective playroom of six children under ten—there being also three older offspring who have graduated from this play-room, and are in a manner launched into the world outside."

This room is described as a model nursery, and the happy mother who presided over it had acquired her principal training in her own play-room when a child:

"Up to the age of thirteen her experience with dolls was on the very largest scale. She had seldom less than twenty, each with its own wardrobe, ornaments, and possessions. Every night of her life the twenty dolls were undressed and put to bed before their mistress went, and all their clothes were neatly folded and put away separately. During the day, doubtless, each doll had its own career and position, was fed at table, fitted with new clothes, elevated into grandeur or repressed into humbleness. . . . The lady I describe was, after an interval of some ten years, reassigned to the duty that had absorbed her in girlhood—only this time the dolls were alive. On the other hand, there were

fewer of them—only nine—and they were, and are, even more interesting, as I can testify, than the dolls."

"F. Lilian A.," Germantown, Pa., writes indignantly that every feeling of love and tenderness in her rose up in revolt on reading the quotation from Miss Willard's article:

"I cannot imagine any woman writing such hard-hearted absurdities. Certainly no man, excepting a cross, crabbed old bachelor, who knows nothing of a child's longings and necessities, could ever call a doll's influence anything but purifying and ennobling. How any woman can look back upon her own childhood, and remembering, as she must, the feelings her dolls have evoked, speak of the 'grotesque queen of the play-room,' is beyond my simple comprehension!"

"What does this generation expect of the little ones of the next? First, there is a hue and cry to banish Santa Claus; and before our ire has cooled at such a doctrine, up starts another, even more heartless, to exclude the poor, inoffensive doll from our nurseries. And yet we hear sighs for *children*, not miniature men and women, while we are doing all that we can to efface all the old innocent traditions."

"M. F. W.," Chicago, laid the number of *BABYHOOD* with Miss Willard's quotation on the desk from which every week Miss Harrison lectures to an attentive assemblage of mothers. She is described as being "the head and front of the kindergarten movement in Chicago," and "M. F. W.'s" question was whether the kindergarten really did regard the doll as Miss Willard said it did. Miss Harrison's reply seems well worth repeating:

"She said that, without having read the paper of Miss Willard's quoted from, she ventured to assert that if it were correctly given it was only partially quoted—that is, without the context, which she was quite certain would modify the statement considerably; for Miss Willard was too just a woman and too clear a thinker to make such a statement unmodified. The kindergarten does *not* discourage dolls. On the contrary, it approves of and encourages their use, not confining them to the little girls in its care, but extending them to the boys as well. To take away dolls from children would be to take away the cultivation of the parental instinct from their play-life."

Miss Harrison, however, admitted that there is a danger in overdressed dolls, especially in French dolls, and in doll-jewelry. The child should be taught to look upon the doll with affection, not upon the doll's clothes and appurtenances. To the doll the child repeats the lessons it has learned from its mother or teacher, and, through thus imitating their actions, learns to understand them. In Miss Harrison's opinion the doll is especially important to boys, as exercising a softening influence on them. In a state of nature a boy is just as fond of a doll as is his sister. It is only through being laughed at and pointed at by the finger of scorn that he learns to look down upon his once dear dollie. She thinks that anything which makes a boy despise the occupations and amusements of his sisters is to be deprecated. In the playing with dolls may be found an amusement innocent and delightful for both sexes. Charles Dickens, in *Bleak House*, sets forth very beautifully the tender and gracious part a doll may play in a child's life.

"A Russian Mother" relates her experience with her own six-year girl, who occasionally gets dolls from her friends, dressed up with ribbons, laces, etc., but who always, before she begins to play with any of them, asks her mother to take off the ribbons, necklace, and ear-rings, except the embroidery on the neck and sleeves. "She never puts on the dolls the things which she does not wear herself."

"As far as my personal observation goes," writes that lady, "the dolls are what the mothers make of them—in other words, the dolls are but a mirror of the family's notions of dress, habits, etc. If a mother daily spends a good deal of time in dressing herself and her little ones, and particularly if she does it with a big dose of vanity, you may be sure that her little girl's doll will be but a 'grotesque queen of the play-room,' in which 'the love of dress' and 'the lust of the eye' will be daily exercised. On the other hand, if a mother has good common sense in regard to dress, her little girl will have in her doll a playmate which certainly will not display 'bespangled robes,' but will be dressed in the same plain, neat, and clean way as the child itself."

"The desire to play with dolls must be instinctive," writes "H. K. M.," Parkville, Nova Scotia, "because the doll is so universal a plaything. Even the Esquimaux children have their dollies, and Esquimaux fathers and brothers take great pains in carving them from wood and ivory, or moulding

them of pottery. Who has not seen a bundle of rags, or a clothespin or stick dressed up for a dolly, being made to satisfy this instinctive craving in some poor little mother-heart? Even children who are the fortunate possessors of numerous dollies will lavish quite as much affection on Susanna, the rag doll, as on Amanda, the wax doll, in her elegant robes.

"Apropos of this very point, just as I had finished writing these words, one of my little girls, who is taking her 'children' to ride, picks up her rag doll, an ancient and most dilapidated object, and, kissing her, exclaims: 'Oh, here's poor Susanna! She must have a ride, too. Poor little dear! Alice', apostrophizing another doll, 'you mustn't be so selfish. Your little sister wants a ride as well as you. Yes, darling, mamma will find something to wrap you up in nice and warm,' and immediately begins rummaging in her doll's trunk to find a wrap."

This lady considers it a positive delight to see her girlies "mothering" their doll-babies, and she always feels sorry to see that rare exception, a little girl who does not like dolls, for she has noticed that a child who is fond of dollies is fond of babies. She has found, too, that those little girls who are most fond of dollies become most devoted mothers when they have real babies.

"I. W. M.," York, Pa., cannot think the influence of the doll anything but helpful, since it tends to enhance the imagination, often in a practical direction, while in many cases the first steps in real knowledge and usefulness are taken at the door of the baby-house:

"I have proved this by my own experience; for as my little daughter is both delicate and indolent, the only way in which I can interest her in various things she ought to learn is through the medium of her numerous family, and many a time when she has been sent out-doors for needful exercise, and I have been unable to accompany her, the solitary walk, that would have done little if any good, has accomplished its purpose by means of the carriage full of dolls their mamma had to take for an airing."

Girls may learn the love of dress at their mother's side, continues "I. W. M.," but it will be from the *mother*, not the doll teacher. "The lust of the eye," etc., is innate with the child from the beginning; and while vanity or undue pride of any sort may be fostered, just as any other evil will grow in a suitable soil, it is not likely to be engrafted by the possession of a whole regiment of dolls.

Another point to be considered is the pleasure that would be taken from the little folks if the world in general listened to



Miss Willard. To deprive them of their dolls, no matter what else might be substituted, would be to remove half the beauty of their childhood. At the best these faithful companions are thrown aside early enough; many children of eight and nine years consider themselves "too big" for dolls, and find less safe entertainment in listening to the gossip of their elders, or in being participants in children's parties, which are calculated to do more harm than all the dolls in Christendom.

"Pillars of Unselfishness" is what "M. G. R.," Geneva, N. Y., considers dolls, and she relates the following experience as a case in point:

"I asked my oldest little daughter yesterday if she had slept well in her new bed, which she had occupied for the first time.

"No," she answered.

"Why?" I asked. "Wasn't it comfortable?"

"Yes," she replied, "but I was against the *hard*" (meaning the sides of the wooden crib).

"But why didn't you lie in the middle of the bed?" I persisted.

"Well, because my baby doll was in the middle of the bed. She doesn't like the *hard* either."

"Wasn't that a glimpse of the true mother-spirit of self-sacrifice? And the teacher in this most unselfish school is indeed that 'queen of the play-room,' the doll."

"E. P. B.," Quincy, Mass., in considering "the doll as an educator," says:

"A large part of the good which I have gained has come to me through my little china-headed, sawdust-filled dolls. I love them for it even now, and handle them tenderly when I take them down on Sunday afternoons for my children to play with. They were my first children, and my mother's first grandchildren. She loved them and taught me to train and care for them. They had plenty of clothes, but they were always serviceable and neatly made. As soon as I became old enough I planned, cut, and made them all myself from such odds and ends of cloth as could be spared; and it is to this, and, as far as I know, to this alone, that I owe a happy faculty, which has proved of untold service to me, of making children look neat and attractive with hardly any labor or expense. My dolls never dressed above their station. They wore gingham and prints in the morning and something nicer in the afternoon, just as I did. The best dresses were sometimes of silk, but so were mine. It never occurred to me that either they or I had more cause for pride in one set of dresses than in another."

"E. P. B.," however, after all concedes one of the points urged by Miss Willard against dolls by saying:

"In selecting a doll, look first of all for a simple, childlike face; most dolls have an affected expression, and lady-dolls with elaborately dressed hair,

corsets, bustles, and trains, belong almost invariably to the 'heathen' class, so justly denounced by Miss Willard, and are too old to be reformed. Dolls should be *little children*."

Miss Willard finds her warmest defender in "An Old-Fashioned New Hampshire Mother," who writes:

"I was very glad when a friend showed me the number of your magazine in which Miss Willard condemned that antiquated nuisance—the doll. I have never had any use for it, either for myself as a little girl or now that I have three girls of my own and four boys to take care of. When I was young, as far as my memory runs back, I had to help my mother, who was a hard-working and God-fearing woman, with a large family to provide for. She believed in making serious men and women of her children, and not affected creatures, and so do I. I think that playing with dolls has done more mischief to many girls than religion and the teachings of life can undo. Dolls fill the minds of girls with a desire for show, love of dress, and false sentiments. The doll is really, as Miss Willard says, 'heathenish,' and ought to have no place in Christian households."

"P. A.," New Haven, feels rather diffident about writing to BABYHOOD concerning the doll question, as he does not know whether fathers are allowed to have any thoughts on a subject which has been for untold centuries the domain of woman.

"But nevertheless," he continues, "I cannot help thinking that Miss Willard has spoken a courageous and timely word. She certainly has encouraged me to express openly what I always entertained secretly—a doubt as to whether the doll is really as important a factor in female education as the practice of the civilized world assumes. I have often shaken my head, metaphorically speaking, on watching the excessive fondness of my little girl for her doll: a fondness which, while it may engender 'motherliness' and 'domesticity' and all that—virtues which, it seems to me, need not be cultivated at all, as they come naturally enough later on—has certainly closed her mind to many things, especially in the out-door world, which she ought to observe and enjoy in common with her brothers, and I think would enjoy but for the fascination which her doll exercises over her."

Another father, "B. D. N.," Louisville, Ky., writes that when his wife showed him Miss Willard's article in BABYHOOD, he could not help exclaiming: "At last! I knew it would come."

"Many a time," he says, "my wife and I have discussed this very subject, and once I had actually begun a letter for your department of 'Nursery Observations,' commenting upon the remarkable indifference to dolls always shown by our little daughter, now six years old. To my positive knowledge she never played with a doll in the way other children do; and so well is this peculiarity known to her relatives that none of them have for years given her a doll as a present. Shortly before her fifth birthday one of her aunts jokingly remarked:



'Well, Bertie, what kind of a present shall I give you—a French doll?' and she replied with comical emphasis: 'Anything but a doll, auntie; you know I detest them.' Her aversion is all the more unusual from the fact that she has no brother who could have 'poisoned her mind,' and that she is a rather shy and reserved child, very far from the traditional 'tomboy.' My wife has been somewhat puzzled by her indifference to dolls, but I have always maintained that it was to my mind more natural than the universal love of dolls; and I now see in Miss Willard's crusade against dolls, different as her standpoint is from my own, at least a partial corroboration of my views."

Mrs. J. O. R., Chicago, thinks that Miss Willard "has hit the nail on the head." In her own experience she has found that girls, in comparing notes about their dolls, show a spirit of jealousy born of the greater beauty or the finer dress of a friend's doll.

"My little daughter," she writes, "not long ago came home from a doll-party in an unusually depressed mood, and when I questioned her as to the cause she burst out crying: 'I have the ugliest doll

in Chicago.' I am afraid the doll is a breeder of envy and unhappiness in not a few cases."

In conclusion we quote from a letter from "C. S.," Bangor, Me., who asks:

"I wonder if Miss Willard has ever seen a really beautiful doll? I know a woman, neither vain nor silly, but intelligent, cultivated, and refined, who enjoys seeing a beautiful doll so much that her friends, who are aware of her fancy, often present them to her for ornaments to her room. Her children, six in number, regard 'mamma's dolls' with something like awe, as they do the parlor bric-à-brac which they are not allowed to touch."

"C. S." pleads guilty of a lurking fondness for dolls herself even now, and still finds pleasure in making their clothes.

"My little girl," she goes on to say, "is three-and-a-half years old, but has not yet shown any marked affection for dolls. I am hoping, however, that she will in time learn to enjoy them, as I feel that she will lose much of the pleasure of childhood if she does not. This world is prosaic, and there is too little imagination already. Why not cultivate all that we can in our children? Let them have their dolls and their Santa Claus, and all the childish illusions which make a child's happy world."



## MILK-CRUST.

BY CHAS. F. MASON, M.D., U. S. ARMY.

**E**CZEMA of the scalp, commonly known as "milk-crust," is at the same time the most frequent and most obstinate of all the skin diseases of infancy. While its importance is sufficiently indicated by this fact, the great irritability and fretfulness of the child resulting from the incessant itching, and in protracted cases the ultimate involvement of the general health, prove that too much attention cannot be bestowed upon a consideration of its essential features.

### Characteristics.

When fully developed the affection presents a very characteristic appearance: thick greenish-yellow, white, or brown

scabs, matting together the hair, cover the scalp either in patches or forming a complete mask for the head; around the edges the skin is seen to be red, thickened, and moist, while a greater or less quantity of yellowish, watery matter, very irritating to the surrounding surface, exudes from beneath. When the discharge is abundant or accumulates under the crusts, the whole is apt to emit a very disagreeable sweetish, sickening odor, and often becomes infested with vermin.

These are the characteristic appearances of the disease after it has passed through the earlier stages, but it may begin in several ways. The first appearance of the

eruption is often upon the ears or face, but it may show itself earliest upon the head itself. Preceded or not by slight feverishness and irritability, small, colorless vesicles form, their appearance attended with intense itching; these soon burst or are torn by the fingers, or matter collects in them; the hair is glued together, crusts soon form, and the affection assumes a chronic character. At other times itching is the first symptom; the skin becomes red; small pimples appear, and, their tops being scratched off, the surface assumes a moist character, and the disease goes through the several stages described above.

#### Complications.

Although the general health is not much affected at first, the severe itching, causing the child to tear itself with its nails, and the consequent loss of sleep and rest, will ultimately seriously interfere with its nutrition. In the more severe cases abscesses form under the scalp, the glands at the back of the neck become swollen and sometimes undergo degeneration, thereby leading to tubercular deposits in the lungs or brain. This latter possibility, though a remote one, is still to be taken into consideration.

#### Causes.

The causes of this affection are somewhat obscure; occurring usually in those of a scrofulous disposition, in the large, pale, and flabby children with weak eyes and enlarged glands, it not unfrequently shows itself in children who are otherwise apparently perfectly healthy. Bad sanitary conditions, such as insufficient ventilation, overcrowding, and uncleanness, are also frequent predisposing causes. The influence of dentition is unquestionable in this respect, a very large proportion of cases occurring during this period; but it is an error to suppose that the mere cutting of the teeth is the most influential factor, this being but one of the many important changes which are at this time taking place in the infantile economy. The immediate cause is usually trivial and would be insuffi-

cient without the predisposition; too frequent or too violent use of the brush and comb, uncleanness, vermin, etc., one or all may be the starting-point. Manifesting no tendency toward a spontaneous cure, the affection, if neglected, will probably continue indefinitely, and, the inflammation extending to the hair-bulbs, extensive losses of hair not unfrequently occur.

#### Precautions.

Much may be done, however, to relieve the trouble in the earlier stages, and in children who have the predisposition these measures should never be neglected. First the head should be kept thoroughly clean by washing it with tepid water and castile soap, and drying gently with old linen rag, which should be pressed, not rubbed, upon the head until it is thoroughly dry, all force being avoided. This complete drying is essential, and it will often be desirable to secure it by finally dusting the scalp with some non-irritating powder, such as pure starch. If there be the slightest irritation of the skin the comb had better be discarded altogether, and nothing but the softest brush should ever be used. In cases with a tendency to a scaly condition of the scalp, the head being covered with fine white particles which are constantly dropping off and being reproduced, a little white vaseline gently rubbed into the skin will often be quite sufficient to prevent further development. Oftentimes the disease is found to be due to some slight error in diet, and when this is corrected it will disappear; changing the milk may suffice of itself.

#### Treatment.

When thick crusts are formed on the head these must be removed before any treatment can be effectively applied, and one of the best methods of doing this without injurious irritation is to envelop the head for six to eight hours in warm (*not hot*) poultices, which must be kept thoroughly moist. Among the best poultices for this purpose is one of stale bread and water (water is better than milk, for the latter might sour

and then irritate the scalp), or of ground flaxseed to which has been added a little powdered slippery-elm bark. Either of these must be enclosed in a soft muslin bag, so that it may not stick to the hair. Another plan is to have the scalp thoroughly soaked in sweet-oil for at least twelve hours. After either course has been carefully followed out, take a paper-knife or the back of an ordinary table-knife and insert it under the crusts, gently lifting them off; they will usually be found to come away without difficulty, and applications can now be made to

the inflamed surface underneath. Among the best of these applications is the ointment of oxide of zinc, with which the affected surface should be kept *constantly* covered to the depth of an eighth of an inch; a night-cap made of Canton flannel will keep the ointment in place, and at the same time prevent injury to the part from scratching. When once the disease is fully established water should not be used on the inflamed skin oftener than once daily, and should then be cool and applied only so as to remove secretions.



## READING MADE EASY.

BY B. R. W.

THOSE of us who can remember the first dreary weeks that we passed in the school-room, two or three decades ago, will not easily recall the old-fashioned primer, with its endless columns of "a-b, ab," "a-d, ad," etc., without feeling justly indignant at the punishment so severely meted out to the unfortunate little ones who failed to memorize the senseless rigmarole or to recognize the meaningless syllables when they reappeared upon the chart or blackboard. Was it an unusual sight to meet with whole benches full of four and five-year-olds, half of whom were drowsily nodding, not yet accustomed to the loss of the noonday nap, and the other half, with flushed and anxious faces, endeavoring to commit to memory the nonsensical conglomeration of letters by beating their little breasts in rhythm with the sing-song repetition of "a-b, ab" and its string of retainers? And when once the alphabet had been mastered and the senseless syllables conquered, the stupid custom of teaching the stiff, awkward little fingers

to first form the printed letters, instead of the easy, gently flowing script, was adopted and strictly adhered to.

I have never been able to understand why this method, which I believe is still in use and finds many supporters, has been so widely accepted. The alphabet once mastered, the excuse usually offered for setting the little ones the useless task of learning to print—namely, "to more firmly fix in the mind the various alphabetic forms"—is at once empty and insufficient. Undoubtedly the custom has descended unquestioned and unchallenged from pedagogue to pedagogue, and its only claim to respect lies in its gray antiquity.

### The Word Method.

Many and diverse have been the methods of teaching reading to young beginners launched upon the public during the last few years, each being the special advertising medium for a new series of reading-books. Each, of course, lays claim to superiority, and, to a certain extent, each is

possessed of some distinctive merit. But the experience of the writer, and of many excellent teachers who have expressed their opinion upon the matter, points to that special system known as "The Word Method," because it is founded on the simple yet undeniable truth that a child will first learn to recognize an object as a whole before it learns that the object has various component parts. For example: Will not a child learn to recognize a horse, a dog, or a cat, as such, before it discovers that the animal in question is composed of head, trunk, legs, and tail? As the name of this admirable system suggests, the child learns to read by learning each separate word as a word, not as a collection of letters. By closely following this system—and it is as easy as it is simple and successful—a young child can be taught to read through the whole primer, and to fully recognize each word that he has encountered without knowing a single letter of the alphabet. Does this seem impossible, incomprehensible? Yet but a few weeks' trial of this method upon a child gifted with even less than the ordinary amount of intelligence will prove the truth of my statement. It must not be understood from the above that within that short space of time the child will know how to read well, but that within six weeks, and daily devoting but fifteen minutes to the lesson, the teacher who adopts this method will find how sure are the results, and how easily the child will recognize any word that it has once met, whether it is found in the primer or story-book or newspaper.

#### **The Secret of its Success.**

And, strange as it may appear, the child will learn to read words like "school," "sleigh," "horse," far more quickly than words of two letters, like "is," "it," "to," etc. The secret of the success attained by the "Word Method" lies in the fact that its aim is to teach the child to read in the same easy, natural way that, up to this stage of its education, it has learned everything else.

It were useless in an article of this nature, and which must of necessity be brief, to en-

ter into the domain of psychological research in order to analyze the working of the child's mental powers. Whoever has had the charge of young children knows, without being told, how much the wide-awake eyes observe, and how quickly one question follows upon the other relative to the qualities, origin, and uses of the thing observed. Not alone does the young brain quickly accept new ideas, but memory lends its aid; and the "High-Chair" columns in *BABYHOOD* bear ample testimony not only to the rapidity with which extremely difficult words and expressions can be acquired, but, at the same time, to the firm grasp with which they are retained. On this groundwork is the "Word Method" built, and therefore it is that the child taught by this system learns to read with great ease and understandingly, and at the same time finds instruction and amusement in its lessons.

#### **The Phonetic System.**

Many other methods are in vogue, and each one finds upholders in teachers who candidly declare the particular system by which they have been accustomed to teach the best. It were useless to attempt to describe them here; indeed, lack of space forbids more than the mere mention that such systems exist. The only system besides the "Word Method" which has been at all widely adopted is the one known as the "Phonetic System."

This method can be best understood by an illustration of the teaching based upon it. Let us suppose the word to be taught is "cat." The teacher, pointing to it upon the chart (or book, as the case may be), analyzes the word by slowly "sounding" the letters "c-a-t" without mentioning their names, and finishes with the proper pronunciation of the word. She then directs the pupil to imitate what she has done, and in this way the child's organs of speech are well exercised, the pronunciation becomes pure, and the word is committed to memory. The method, as I said before, has some merits, and it is certainly an improvement upon the old-fashioned spelling method, inasmuch as



the pupil, on hearing the sounds instead of the meaningless names of the letters, can find a natural connection between them and the word to be learned.

#### Comparison of the Two Systems.

There are, however, two weighty objections to the Phonic or Phonetic Method, namely :

First: Its underlying principle can be formulated thus: "Head, tail, body, legs = dog." Instead of teaching the word by itself as a whole, and to be recognized at a glance wherever it is again encountered, as in the "Word Method," it breaks it up and teaches its component parts. Secondly: Its results are slower and less satisfactory than when the "Word Method" is adopted. The upholders of this system urge in its defence that it is more advantageous for the child to learn to read a new word by analyzing it and discovering the result for himself than to be told what it is by another. Now, if our language were so composed that each individual letter of the alphabet possessed but one sound, and that one distinctly and peculiarly its own, this system could be advantageously adopted; for with the alphabetic forms (and therefore the sounds) once firmly fixed in its memory, the child would be able to correctly and immediately pronounce any new word which presented itself. But since each vowel has two or more sounds—"a," for instance, being the proud possessor of six or (according to some authorities) eight different sounds—and as many of the consonants have two or more, without taking into consideration silent letters and combinations such as "oi," "ou," "ch," "ng," etc., the difficulties that lie in the way of attaining this happy result are apparent.

It is impossible here, in an article intended merely for the guidance of the mother in the nursery school-room, to enter into a more detailed description, and I may therefore be blamed for not doing full justice to the Phonetic System. But as there are countless pamphlets published on the subject, and, as all teachers can testify, endless discourses

by the agents of the various school-book publishing houses may be had merely for the listening, the reader, if she desire it, can find ample opportunity to further pursue the subject. It is but fair, however, to mention just at present that an ingenious thinker named Leigh, seeing the perplexities arising from the Phonetic System as it stood, improved upon it by having all silent letters printed in hair-lines, and by making each letter assume a slightly different shape for each sound which it might have to express. This was an excellent thing for a foreigner trying to master the English language; but when we consider that, besides the 26 original alphabetic letters, the child must learn 20 or 30 more, and that any word not printed in this text would be unrecognizable, we find that the difficulties, instead of being removed, have merely assumed a different shape. The progress made by the "Word Method" is more rapid, because the child learns to read at sight, without pausing to first analyze the new words, and because he comprehends that he is learning to read, and the pleasure he takes in the lessons fastens them firmly in his memory.

#### Manner of Giving the First Lesson by the Word Method.

We will suppose that the first lesson in the primer contains the following sentences: "A cat. A cat runs." The first word to be taught is the word "cat." Talk about the picture above the lesson, and let the child point to the cat and tell what it is doing. Then point the child's finger to the word "cat" in the text, and explain that wherever he may again meet that word it will always mean the same as the picture—*i.e.*, "cat." Now let him find the same word in the next sentence, *without* your assistance; now turn to a new lesson containing the word "cat," and you will be surprised to see how quickly he will find it. Remember, it is not necessary for the child to know the alphabet, and do not attempt to teach spelling.

The word "cat" being already acquired, make the child understand that we do not speak of the animal as "cat" but as "a cat," the same as we say "a ball" or "a

boy." Then show him the "a," and tell him how he will frequently find that before a word, and that now he knows what it means and what to call it. The next thing is to find out from the child that in the picture the cat "runs"; now tell him that you knew that without looking at the picture, because the book told you so. In answer to his query "Where?" let him read the first sentence, "A cat." Then let him read the same words in the next sentence, and then show him the last word and tell him that that is the one that told you what the cat did—namely, "runs." Here the first lesson should end, and it need not exceed ten or fifteen minutes in duration.

#### Progressive Instruction.

The next day the next lesson should be given, and it should contain the words of the first lesson, as well as two or three new ones; as, for example, "A *white* cat runs. The *big* cat runs *off*." Each new word must be developed from the picture and shown in the text, in precisely the same manner as the day before, and omitting *all spelling*. It will not take the child long to learn the words, and, if properly taught, he will not get them mixed up; for, having learned each one by itself, each will remain fixed in his mind. To prove this you will see that the child can read backwards as readily as forwards. Remember, do not press the child too closely; there is plenty of time, and the child must not grow tired of the lessons. A few minutes while he is fresh and bright will accomplish far better results than an hour when he is cross and fretful.

The lesson for the third day may also contain a few new words; as, for instance, "The *white* cat *plays*, and the *black* cat runs. The *big* cat plays *with a ball*." Whatever primer be chosen, see that the lessons are interesting, and that the words are occasionally repeated in review lessons. It is remarkable how rapidly the little pupil will pick up new words by this method, and how easily it will recognize them when they are again encountered. Words like "it," "is," "the," "an," etc., being most difficult for

the children to remember, special attention must be bestowed on them. Almost any primer of recent date will be found serviceable, and for the first dozen lessons ten or fifteen minutes a day will be sufficient.

By the time the pupil has acquired twenty or thirty words his ambition as well as his interest will have been awakened, and he will look forward to his lesson with pleasure and delight. The writer has found that the heaviest punishment for misconduct that she can inflict upon her own four-year-old is to refuse the lesson for that day. Always remember—and I cannot reiterate this too frequently—that the keystone of this system is that words are to be taught as words, and not as a collection of letters or syllables.

#### Learning to Spell.

In case the child may, by some means, have acquired the alphabet, do not encourage him to spell out the words before learning them. If the teacher think it advisable, after the child has read the first dozen lessons he might begin to learn the spelling. Here, too, must the old manner of learning by rote be discarded. Now, of course, it will be necessary for the child to acquire the alphabet; he has, however, although unconsciously, by this time become familiar with the alphabetic forms, and it will be an easy task for him to learn their names while playing with his A B C blocks or spelling-cards. The only drawback to the A B C blocks lies in the fact that, as there is only one for each letter, words like "ball" or "egg" cannot be constructed. The child must learn how to spell by constructing the words for himself; this he can easily accomplish by using his primer as a guide. Thus almost in play he easily and gradually acquires the art of spelling. There is a little game, known as "Words and Sentences," which can be procured for two or three dimes at almost any stationery store. It consists merely of little cards, each stamped with a letter of the alphabet, and frequently duplicated. For teaching spelling objectively this will be found very valuable, and at the same time very interesting to the child.

**The Triumphs of the Word Method.**

I do not make an exaggerated statement when I say that a child properly taught by the "Word Method" not only finds great pleasure in his lessons, but that within six months he will be able to take up almost any simple child's book and read it intelligently, finding few words with which he is unacquainted. It has been truly said that "there is no royal road to learning," but,

since pitfalls can be bridged over and obstacles removed, it is no longer needful for young and tender feet to painfully stumble at the very outset. Henceforward, with skilful guidance, they may go dancing and rejoicing upon their way, and little hearts, too young for aught but gladness, need no longer swell in nervous dread, nor sink despondently because the tasks seem insurmountable.

**THE SELECTION OF A HOME.**

BY W. THORNTON PARKER, M.D.,

*Secretary Sanitary Protection Association, Newport, R. I.*

**T**HE sanitary surroundings of the homes where our children are reared ought to be as nearly perfect as it is possible for modern sanitary building to make them. The grounds should be well graded, drained, free from stagnant water, and generally dry, and trees and bushes should be well thinned out, lest they be the means of preventing the free access of sunlight, without abundance of which no family can be either healthy or happy.

**Purity of the Water-Supply.**

The water-supply must be as far as possible pure. No well in a town of even five thousand inhabitants should be assumed to be safe until the purity of the water is established beyond doubt. Cistern water is injurious. It is impossible to protect the latter from the droppings of birds, which are washed from the roof and accumulate in the cistern. Dust is carried in this manner in great quantities, and against these two fouling agents there is really no protection for the cistern. There is also danger that surface or other foul drainage may find its way into them, and very frequently a sewer-

pipe passes very near and threatens the life of every one using the water. It is important always, where city water is used, to ascertain if there be direct connection for cooking and table use between the main and the kitchen.

**Abundance of Sunlight.**

"There is no sun on this part of the house, and this is not a very pleasant room, to be sure," said recently a real-estate agent, "but it will do for your nursery." Indeed! Every bed-chamber must be so situated that sunlight can enter it for some hours daily in clear weather; but the nursery, that room where one expects always, even in the darkest hour of night, to find the "family sunshine," must have for its inmates the greatest amount of sunshine to be had—more, in fact, than all the other rooms combined, if that be possible.

**Proper Ventilation.**

Every bed-chamber must have free ventilation and direct means of communication with the external air; and the external air, to be desirable, must be pure. For bed-

rooms this is especially important, for pure air is not only conducive to health, but also induces healthy sleep, from which we awake refreshed and strengthened. Where this precaution is not taken the unhealthy, ill-ventilated bed-room affords no relieving, restoring rest, but one awakes with depressed or ill-natured feelings, and with more or less headache, nausea, and general exhaustion. Pure air for our homes is of the greatest value, therefore; and yet, while this is so well known, how often is it quite overlooked!

#### **Water-Closets, Basins, and Sinks.**

Each bath-room and water-closet must have means for external ventilation, and not into an entry or bed-chamber. The space under the seat must be well ventilated and easily accessible. Provision must be made for ventilation of the interior space of the water-closet by a current of air flowing through the same to a ventilating pipe or flue passing above the house-top and independent of the soil-pipe or its extension. The soil-pipes must be in sound condition and easily accessible for examination. They should be of iron, properly asphalted within and without, with lead-plugged joints (the only true condition for a properly-constructed soil-pipe). If of lead, they may have been in use for years, and be full of holes through which sewer-gas escapes into the house. The soil-pipe should have a proper vent through the roof, carried above its highest point, and a fresh-air inlet at the foot. The soil-pipe, in its exit through the foundation of the house, should be of iron. When of earthen-ware it is liable to be broken off just outside the foundation, so as to allow the sewage matter to find its way throughout the foundation of the house.

The set bath-tubs, basins, and wash-tubs must be securely trapped, and especially is this true of the dangerous kitchen-sink. Set basins should be found only in bath-rooms and never in bed-chambers. The ordinary bell-trap does not perfectly exclude sewer-gas, and the S-trap is liable to

be "siphoned," or emptied by inward suction, so as to permit the escape of gas into the house from the soil-pipe or drain. The spaces under all these places should be well ventilated and accessible, and not boxed in. The waste-water pipe of the refrigerator should be entirely cut off from all connection with the soil-pipe or sewer.

#### **The Cesspool.**

The cesspool should not be near the foundation wall, and careful examination should be made to ascertain that it is tight and secure, and does not leak into the foundation, cistern, or well. Even if the cesspool be securely tight it must not be within the area drained by the well. A well of sixty feet in loose soil drains an area of two hundred feet in diameter. The cesspools should be frequently emptied and flushed. There should be no privy near the house, and care should be taken to ascertain that neither the air, water, nor earth near the house is in danger of contamination from privies on your own or neighbor's land. The vault should be tight, if a privy is used, and its contents frequently emptied and flushed. Vaults should be emptied regularly at least six times in the year, and disinfectants, like chloride of lime, copperas, etc., should be frequently and freely used.

#### **The Cellar.**

We must be sure that the cellar is wholesome and safe. It should be well ventilated, dry, and properly cemented or asphalted. It must have a good supply of sunlight, and vegetables and all decomposing matter must be removed from it and stored elsewhere. The cellar-drain should be entirely independent of the sewer-drain, but, if so connected, must be controlled by an unquestionable means of preventing return communication. The cellar-air must be entirely excluded from the air-supply of the furnace, and the air-box, if made of wood, must have its sides tightly secured. The furnace air-box should not open under a piazza or near a privy, garbage-barrel, or ventilator of a drain.



**The Neighbor's House.**

With all attention to your own premises, some idea of your neighbor's land and buildings should be obtained. A gentleman in New Jersey, after having used every precaution for the protection of his own family by the most careful attention to sanitary requirements, lost two of his children from diphtheria through the criminal carelessness of his neighbor, who had emptied his cesspool and spread the contents on the lawn for dressing. All the air which entered the air-box of his furnace passed first over this neighbor's lawn before it came into the house. The result was the ruin of a home and the death of its idols.

**Precautions in Cases of Contagious Disease.**

Finally, it is fair to assume that, on general principles, a house that is in good sanitary condition offers little apprehension from diphtheria, scarlet or typhoid fever. If contagious diseases have occurred in the house, there should be some law which can compel the landlord to have the premises properly disinfected. The wall-paper should be removed, paint-work scrubbed and, if necessary, repainted; ceilings cleansed or whitewashed, and upholstered furniture, curtains, carpets, bedding, etc., thoroughly cleansed and disinfected. If the house which has been selected has been closed for some time, an expert inspection should be made before reoccupancy, and the water should be let on for some time in bathrooms, laundry, and sinks. Every window and door should be opened, and thorough and systematic cleaning and ventilating insisted upon.

**The Reward of Care.**

People who are attentive to these details and aim to live in healthy homes are in a better condition to ward off disease, and, if attacked, recover sooner therefrom. Disease is of course liable to occur from outside influence—servants, schools, railway carriages, etc.—do what we may to prevent the contagion, but home is brighter, happier, and safer if we will attend faithfully to precautionary sanitary measures. Where the reverse obtains, the occupants of unhealthy homes readily fall victims to all manner of diseases. Certainly we find in such neglected places an unhealthy, abnormal physical condition, which may become dangerous by its debilitating influence. Prevention is better than cure, and prevention is of the highest importance also as a matter of economy, not only for the individual but for the family, and the community made up of families. Every intelligent man who loves his family and recognizes his duties as the responsible head of a household must occasionally ask himself whether or not the home he is occupying is safe for those he loves better than himself. All should be keenly alive to "the importance of proper sanitary surroundings," and nothing should be neglected and no vigilance spared to make the home as secure against disease as against the intrusion of burglars. A happy, healthy home, with God's sunshine without and within, and the sunlight of children's smiles at the fireside—is not this reward enough for reasonable vigilance on our part for the protection of all that is dearest in this life?





## THE MOTHERS' PARLIAMENT.

What is "Warm Milk"?

*To the Editor of BABYHOOD :*

I made an observation upon myself, during a fit of sickness a short time ago, which I think has a bearing upon the welfare of BABYHOOD'S babies. I found that, when I was barely able to take any food at all, if milk was given to me at exactly the temperature of the mouth and stomach, I could digest it, while if it was a very little colder or hotter it was impossible for me to swallow it. In fact, when the temperature was just right it was hardly a question of digestion at all; the milk seemed to fly through the walls of the stomach and to give me fresh strength almost instantly.

I also made the interesting discovery that each of my three successive trained nurses was quite incapable of bringing me milk of anything like the temperature I desired, no matter how urgently I begged her to make the effort. I was forced at last to have two portions of milk brought, one hotter and one colder, and to have them mixed until the temperature suited me although I was so weak that the effort of tasting was exceedingly exhausting. Now, it is perfectly easy to know, without an experiment that if the stomach has no preliminary work to do in raising or lowering the temperature of the food that is presented to it, it can perform the work of digestion with greater ease, and that in a state of extreme exhaustion this difference of ease may be of critical moment; but it is a point which does not seem to have been sufficiently insisted upon by doctors and nurses. Its bearing upon the delicate digestive powers of babies is very plain. A tough baby "can get through anything," but when it is a question of a delicate baby or a sick baby, too much insistence cannot, I am sure, be placed upon its having its milk of the right temperature.

But how many baby-tenders have any but the very vaguest notions of what is meant by "warm milk"? If the baby's milk must be prepared by the nurse she should be provided with a glass-tube thermometer, and required to use it. If the mother superintends the food herself she may be trusted to get it right by tasting; it is a very simple matter—it is only nec-

essary that it should feel absolutely neither hot nor cold when it is taken into the mouth. The difficulty is greater of getting and of keeping the milk of bottle-fed babies exactly right, and it is probable that such babies seldom or never have their food of the proper temperature. The other day I saw the mother of sickly twins filling their two bottles with hot milk, and when I expostulated with her she said: "Oh! it will be cold enough before they get to the end of the bottle!" I can assure the readers of BABYHOOD that when I saw, from my own sensations, how important a matter it is, I was very thankful to remember that I had always tasted my baby's milk myself.

M.

*Maryland.*

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### The Need of Stimulants during the Nursing Period.

*To the Editor of BABYHOOD :*

I would like to say a few words to mothers on the subject of their requiring ale or other stimulating drinks during the nursing period. I know many physicians order for young mothers ale or porter if the supply of their milk is small or they feel weak and languid. The stimulant certainly, for the time, gives them an added feeling of strength, or what seems like strength, and they feel encouraged, and that very encouragement gives them a greater supply of milk, for one's spirits have a tremendous effect on one's milk. But this false stimulating is of no real lasting good, and I heard one young mother say: "Well, I began by one bottle of ale, and it did me all the good in the world; but somehow the effect of that has passed, and now I take two, one in the morning and one in the afternoon, and pretty soon I am going to take a bottle in the night." It was, you see, only a temporary strength, and who can limit the terrible harm that may be done to the innocent little baby by creating in its little stomach a desire for such food? Let the mother take a great deal of acid drink and see how soon the baby suffers from it, if she doubts that what she drinks affects the milk.

With my own older children I went on the ale and beer plan, and really thought I could

not have nursed my babies without it; but as time went on and I began to realize the terrible effects of drink on the human race, I resolved that when my next baby came, and for some months before, I would, like the Rechabites, "taste no wine." Well, in due course of time Baby came, a fine healthy boy, and after a few weeks came the advice: "I think now, Mrs. —, a little ale would strengthen you and help you to nourish that big boy." But I took instead milk, and plenty of it—fully two quarts in the twenty-four hours—and plenty of fresh air with moderate exercise, and I found my strength and Baby's were both more lasting than they had been under the other regimen. I had plenty of milk, and I did not feel I was sowing the seeds of intemperance.

*New York.*

MATERFAMILIAS.

### A Delicate Subject.

*To the Editor of BABYHOOD:*

With all my heart I would "second" the advice given by "X. Y. Z." in the March BABYHOOD concerning a "Delicate Subject." And I would like to add some more facts on the matter. I am well acquainted with a family in which a six-year-girl has been told the truth about the birth; now that girl is nineteen years old, and she is more modest and morally purer than many of those who were kept in ignorance on the delicate subject. A friend of mine has a girl, now thirteen years old, who knew the truth since she was seven years old; she, too, is purer than her classmate, a girl of thirteen, who is supposed to be ignorant, and who recently, in my presence, with a badly hidden smile told that "the doctor has brought a baby" to her sister-in-law. There is, however, a great difficulty in the matter. Not every child is able to keep the secret for itself. Many children are dangerously talkative. And I know some good mothers who are of the opinion of "X. Y. Z." on the subject, and who are afraid to tell to their children the truth, for they know too well what an annoyance they would suffer if some how it should be found out that they knew "such an awful thing, and that from their own mother!"

A. B. C.

*Brooklyn.*

### Describing Symptoms and Locality in Illness.

*To the Editor of BABYHOOD:*

A child can be early taught to know and name the place of a pain. Yet I have heard many mothers say, "It is so hard, when children are sick, to find out where they feel bad."

One trouble doubtless is that many mothers

when a child seems out of sorts physically, are alarmed, and, with a thought of possible diphtheria, scarlet-fever, or grave disorder, begin to put such questions as confuse the young patient. I have heard a mother ask within five minutes, "Is your throat sore? Swallow and see." "Are you sick at your stomach?" "Does your head ache?" "Does your head ache down here?" indicating the base of the brain, with a thrill at thought of spinal meningitis. Now, if you ask a child to swallow to see if its throat is sore, it will almost unfailingly say, "Yes." It feels badly, and its attention is directed to its throat, and it has some imagination. Then you will be additionally frightened.

Just try a little experiment. Say to yourself you will swallow to find out if you have a sore throat. You will usually have an uncomfortable feeling in the action that a child would call a pain. It is so with other localities, and it is a bad plan to put questions of this sort to little ones.

If, on the contrary, you say, "Tell me now where it hurts," any child old enough to understand the question can tell you if there is local pain. "Put your hand where you are sick," will quickly be followed by the little hand finding the spot. It is a bad plan to constantly ask children if they are tired or do not feel well. I always say, "Do you feel nice and happy?" if I am suspicious of trouble; and if a child doesn't feel so it will respond accordingly, without suspecting you are on the look-out for aches. Children conscious of anxiety in reference to health are prone to magnify small pains and imagine agonies that do not exist. This I have learned by experience and observation.

Another thing I have learned with my little ones is the readiness with which they will learn the right names for different parts of their bodies. When my children begin to say, "What is this?" I do not give some fictitious term. I say, "Your stomach is in there"; "Your bowels are there"; "This is your heart; feel it beat." I know a mother who told her child that her heart was a little clock ticking, and the mystified child wanted to know if it was a marble clock. If you say, even to a very young child, after showing it the tracery of the veins and letting it feel the throb of the heart, that at every beat the blood goes out and runs all over the body through the veins, it will become much more intelligent than if you say the heart is a clock. Of course, unless you want to

overdo the matter, you will not explain about the difference between veins and arteries, and so leave the child in a fog worse than before you began. When a child is bathed, if the mother says, "This is your thigh," "This is your collar-bone," letting it feel and find the place, it will learn rapidly, providing you only teach one thing at a time, frequently refer to it, and not too soon give the name of another bone or member. My daughter of six one day was trying to hold her breath and make various experiments with her lungs. Finally she asked me how far her "lungs reached," and to show her I moved my hands up and down over the surface covering her lungs. My daughter of two-and-a-half, nearly, watched me closely. Several nights after the latter woke me and said she was sick. Asking her where, she replied: "Ajjie's *yungs* hurt." I was amused and asked her where her lungs hurt. To my surprise she laid her hand over her lungs, and by next morning a pretty hard lung cold had developed.

To be sure, she will soon forget where her lungs are, unless it is kept in her mind, which would be a waste of energy; but the incident serves to show how readily children can learn. No one wants a child to be a prig with a lot of information of no use to it. But surely a child had better know her knee is her knee than to be taught to call it a "curtsy-bender," as a child of my acquaintance has learned to designate his.

MRS. GEORGE ARCHIBALD.

*Elmira, N. Y.*

#### Real Intimacy between Parents and Children.

*To the Editor of* BABYHOOD:

I am moved to write to you concerning a letter in "The Mothers' Parliament" on criticism of parents by children. Might I ask I. S. W. if she has ever suggested the "golden rule" to her little ones? For instance, I remember my oldest boy once making a personal remark of the kind I. S. W. mentions, and I at once said, "Would you like any one to say to you, 'How old your mother looks? Just think!'" At once he fired up, and his spirit of gallantry was touched. "No, indeed; I guess I would knock him down." "Then, dear boy, be careful never to make such remarks, even if you think so. No one likes to be noticed otherwise than in a kind and polite way," I said.

I found that such little talks as these have made my boy very loving and much more tender and thoughtful of us all, particularly of his grandma, a dear old lady of over seventy-five years, who has always lived with us. I agree with

I. S. W. that such a habit would soon grow upon children, especially if the parents permit themselves to be critical of those about them. Children are such imitators. The more gentle and polite we are to our children, and to each other before them, the more quickly they learn to become so too.

Another habit that is bad for little people is ever to laugh at anything rude they may say, however funny it may be. I believe in making great friends of my children, being very intimate with them. Thus far I have been very happy with my oldest boy, who is almost fourteen. I am interested in all his games and fun, or his troubles, whatever they may be. He delights in my pleasures, music, or books, or even fancy-work; and now while he is away at school we keep up a daily correspondence, and I tell him of all we do each day at home—what the baby sister says and does, and then how I prepared a fillet of beef for the first time, and of the last book I am reading. In return he writes of his lessons, and the last "terrible defeat at football," and how "the whole school was depressed and unhappy over it." So in that way I really think mothers, and fathers too, can do wonders with children; and this, too, prevents "their locking up in their own hearts thoughts which should be brought to the parents," for this intimacy never interferes with discipline when needed. If parents always tell the exact truth to their children and give good reasons when necessary, I do not think that the children will be secretive; and if they do not hear impolite or unkind criticisms made they will not be unkind, for they will have been taught that true politeness consists in making others feel as comfortable as we would like to be ourselves.

*Avon, N. Y.*

A. E. M.

#### Importance of Avoiding Obscurity in Instructions to Children.

*To the Editor of* BABYHOOD:

The importance of giving plain directions to young children is one point in their training which is not usually sufficiently dwelt upon. I have seen children punished for not doing errands properly, when the reason was that they did not know what they were expected to do. My two children, six and four years old, have done errands for me ever since they were three years old. They go to the post-office nearly every day, sometimes together, and occasionally one will go alone; and as it is nearly a mile to the office, we think it doing pretty well. They will mail letters and do other errands, very seldom



making any mistake, and never punished if they do. When I let them go to play with other children they are told just what time to come home, and I request my friends, at whose houses they are, to tell them when it is time for them to come. So I never have any trouble by their staying too long.

And about my flower-garden I do not have the trouble that some mothers do. The children both have beds of their own, that they may enjoy picking flowers when they choose; but in my garden they are told which they can touch, and if they handle any they are not allowed to they are punished. This does not happen very often, although there is mischief enough in both of them.

I was quite pleased at the good sense shown by my little girl one day at the post-office. The postmaster asked her to take some letters for a new neighbor of ours (we live in the country), but the child thought a minute and then said: "I think I'd better not take them, for the lady did not ask me to and I might lose them." Since then she has brought the lady's mail many times, being requested to do so. She always carries her mail-bag, so there is no danger of losing any. I always follow out the same idea about home; if I leave them at home I tell them just what they can have to play with and where they can go while I am away. If anything goes wrong before I get back I generally find it to be owing to my neglect in giving necessary orders. R.

*Edgecomb, Me.*

#### Chinese Methods in America.

*To the Editor of BABYHOOD:*

It is a pity that I, who have enjoyed Mr. Stevens's articles so much, should be forced to turn up the condemning thumb and tell him that what he calls "a Chinese method of baby-feeding" is a common, I may say universal, thing among the colored people of this State. I think this is a reason why the negro babies thrive and become able-bodied men and women on so much solid food. A negro mother rarely waits until her infant is more than six months old before she feeds him with everything she eats, and treats his stomach in a way that would finish the earthly course of a white baby rather prematurely.

I have known white women to copy this practice of the negro mother, arguing that it must be a good thing because the black babies thrive on it. I even knew one unwise mother to give her young child green peas and new

potatoes. Of course we had to bury the baby, but "second summer and teething" got the blame.

And this leads me to say that the second summer is no worse than the first or the third, if judicious feeding be adhered to. The first summer Baby gets only the food that Nature provides, but when he is a year old everybody wants to give him a taste of something "to see how he likes it." The colored nurse-girl eats an apple in his presence, and Baby naturally is curious and interested. This she mistakes for hunger, and in the goodness of her heart divides with him. She has no thought of danger, for has she not assisted in the rearing of her numerous brothers and sisters in the same manner? Even Baby's grandma does the same, and, when requested not to repeat it, retorts that she has nurtured and brought up children before Baby's mamma was born. Thus it goes on, and when cholera infantum or dysentery results these wise women talk of second summer.

*Henderson, N. C.*

*T. M. P.*

#### A Firm Father and a Tender-Hearted Mother.

*To the Editor of BABYHOOD:*

Where the discipline of a child is concerned there are very apt to be conflicting opinions between the father and mother, which often lead the one to interfere with a method of punishment which is being carried out by the other. This should never be done in the presence of the child, who will quickly appreciate the situation and take advantage of it, for our children are often wiser than we realize. For instance, we decided that our little boy should have his fingers snapped as a reminder of the determination to break up the habit of sucking his thumb; and whenever his father and I were in the room with him, and the little fellow would forget himself, he would bravely come up to me, and, holding up his wet little thumb, he would ask me to "please snap it." I was much touched by his honesty until I found that his father snapped very much harder than I did, and, rather than risk discovery from his watchful eyes, the culprit would turn "state's evidence" and plead guilty.

This same firm father is a much better disciplinarian than the tender hearted, yielding mother, and most of the discipline falls to his lot. He always explains quietly afterward to our boy why the punishment was inflicted, and never lets him go away angry or until he realizes that true love prompted the seeming harshness. Once when this father was chastising the

naughty boy I ran up and begged that he might not be punished any more. To the surprise of both of us, the brave little three-year-old checked his sobs, and, looking up with the big tears in his eyes, he cried out: "You go away, mamma, and let us alone. *Papa* will look after me!" I confess that I meekly stole away, re-

solving that I would never again be guilty of interfering with the edict of justice, however severe. The little sinner knew that he would not be punished a bit more than he deserved, and that it was all done for his good, hard as it might be.

H. E. W.

*Portland, Me.*



## A BABY'S TRIP HALF-AROUND THE GLOBE.

BY LILIAN A. MARTIN.

LAST September I started from North Siam with a tiny girl sixteen months old; on November 23 (Alice's eighteen months' birthday) we reached New York City. The journey was made with comfort to all, and the girlie enjoyed unvaryingly good health. Many were the fears and mournful forebodings felt by kind grandmas and aunties when the message, "Coming," flashed half-around the world. Dear great-grandmother asked with tears in her eyes: "Do you suppose the child will *live* to reach here?"

It was quite impossible for me to bring a nurse with me. The principal anxiety in my mind was the danger of bringing so young a child from the tropical climate in which she was born into our severe winter weather. The stages of our journey were the following:

From Chiang Mai, North Siam, to Bangkok in a small river-boat, thirteen days; Bangkok to Hong Kong by steamer, nine days; ten days spent in Hong Kong, Canton, and Macao; Hong Kong to Yokohama nine days; ten days spent in Japan; seventeen days by steamer from Yokohama to San Francisco; eight days from San Francisco to New York by rail.

First let me say that our girlie is what is known as a "good baby." She goes to sleep by herself, and has her meals at stated times under all circumstances and in every clime. Her food during the entire trip was condensed milk (the only kind of milk procurable on ship-board), oatmeal and milk, chicken-broth, and bread. These simple articles can be had good on board ship and at most railway stations. Four little teeth came through with no other disturbance than slight diarrhoea. Baby slept soundly when the terrible rolling of the vessel drove sleep from the parents' eyes; a few slight

attacks of seasickness occasionally made her sleepy and willing to lie in the berth. In regard to the seasickness of children, I will say that, with the exception of a baby four months old, every one of the six children on board during the passage from Japan to San Francisco had occasional fits of seasickness. Little Alice grew so accustomed to the motion of a vessel that she would sit on the floor or sofa and play contentedly, swaying her little self back and forth as the steamer rolled to and fro.

The problem of suitable clothing was a serious one. I pondered long and earnestly over a way to provide clothes to keep my girlie sweet and clean. The dainty dresses, stiff white skirts, and pretty flannel petticoats I laid aside as unpractical, and made up thirty pairs of very plain drawers, twelve little woollen dresses out of mamma's and papa's cast-off garments, a supply of flannel night-clothes, five long colored flannel sacks, and a dozen-and-a-half long white aprons, which covered up entirely the clean but much darned, patched, and discolored woollen dresses worn underneath.

When these little underdresses were too soiled to wear I threw them overboard, and any one who has made a long journey knows the relief it is to get rid of even a few soiled clothes. On cool days a long flannel sack took the place of the white apron, and a clean white neck-ruffle relieved its plainness.

A little board, with a hole neatly made in it, that fitted over any chamber utensil and also fitted into the flat bottom of papa's hand-satchel, was a great convenience. For bottle, clean diapers, clean old linen, and Baby's night-clothes a capacious linen travelling-bag was just the thing. A piece of rubber-cloth and an old sheet to lay in a berth are much needed, the

sheet to be thrown away at the end of a short journey. In some of the Pullman cars one is not allowed to use a spirit-lamp; but I would advise a mother to provide one for a long journey, and also a can of condensed milk to be used in an emergency. But do not feed the baby anything "to amuse it": for ten minutes' rest so gained, must inevitably follow hours of worry to mother and fellow-passengers.

Had it been my custom to sing, rock, or walk my girlie to sleep, the trouble of caring for her during so long a trip would have been doubled.

I can recall but two days upon which Baby failed to get her regular morning nap. To the establishment and maintenance of regular habits, carefulness in suiting the child's clothing to the season and climate, and to the early inculcated habit of implicit obedience, I attribute the health and happiness of my baby under such trying circumstances. Few mothers of babies are called to undertake so long a journey, but even short ones are a tax on strength and patience. May some tired mother find the reality as much less dreadful than the anticipation as I did!

## BIRTHDAY GREETING.

[To N. R.]

ONE year old to-morrow,  
Little, stainless feet,  
Set on life's rough pathway,  
Dainty, fresh, and sweet.

One year old to-morrow,  
Eyes so glad and bright,  
Trying hard to fathom  
Every wondrous sight.

One year old to-morrow,  
Tiny, pink-hued hands,  
Holding all our heart-strings  
In love's slender bands;

Lips of dewy sweetness,  
Fresh as any flower,  
Keeping all your secrets  
Till some golden hour.

Will the feet just started  
On the way of life  
Some day faint and falter  
In the cruel strife?

Will the eyes just opened  
Some time, in long years,  
Have their dancing gladness  
Drowned in bitter tears?

Will those soft, pink fingers  
Ever clasp in prayer  
That lips cannot utter,  
Sealed by dumb despair?

Darling little rosebud,  
Fair and fresh and sweet,  
God alone can guard you  
From the ills you meet.

Darling little sunbeam,  
Dancing free and bright,  
May God always fill you  
With His own glad light!

One year old to-morrow!  
May God guard you, dear,  
Keep you pure and stainless  
Through each coming year!

## THE KINDERGARTEN AT HOME—XVIII.

BY GRACE C. KEMPTON.

### REVIEWS AND PROGRAMMES.

LET us now look back over the gifts and occupations and see in what connection it is best to use them, remembering that the work is always to be interspersed by the songs, games, and exercises.

Let the gift work precede the occupation, the occupation deepen and put more definitely into practice the knowledge gained in the gift.

For instance, if your child has had sticks for his gift-work—object of the lesson to be right angles—let his occupation deepen the impressions by repeating the object. Have a card, all prepared for right angles, ready for him to sew; or let him draw right angles upon his slate or book; or, when he is sufficiently advanced, let him design a figure, containing right angles, with the sticks, draw it upon his slate or paper, prick it on a card, and then sew it. Also give

him a card pricked for a design containing the angle with which he has been working, and tell him without further direction to look for those angles and then sew them. In this way he learns to discover that which is hidden, developing from a combination of points a connected whole. Simple illustrations of this plan are given in Figs. 1 and 2. If his gift has been tab-

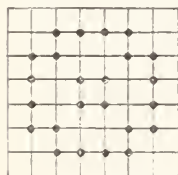


FIG. 1.

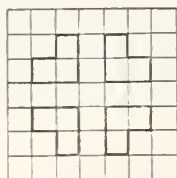


FIG. 2.

lets, he can have pasting, weaving, or cutting as occupation. Paper-folding and cutting, except in the first stage (where oblongs are folded), connect better with the triangles.

The understanding of the first mats in weaving is greatly helped by the use of the square tablets. A row of tablets may be laid, alternating in color in correspondence with an "over one and under one" mat, then the mat may be woven while the child is looking at the squares, and the resemblance is quickly seen by him. These connections in the kindergarten work are very important, as they are symbolic of the harmony in the universe. Omitting to give careful thought to the arrangement of kindergarten work is to lose a large part of the harmoniously developing effect. We give a programme for twenty-four mornings (not consecutive weeks) in first and second years, showing more briefly than other description the desired plan.

#### FIRST YEAR (*Age 3 to 4 Years*).

GIFT.	OCCUPATION.
Mon. : First.	Straws and Papers.
Tues. : Second.	Clay.
Wed. : First.	Beads.
Thurs. : Second.	Second-Gift beads.
Fri. : First.	Pasting ( <i>circles</i> ).

GIFT.	OCCUPATION.
Mon. : First.	Painting.
Tues. : Second.	Rings.
Wed. : Third.	Clay.
Thurs. : First.	Beads.
Fri. : Second.	Tiles.

GIFT.	OCCUPATION.
Mon. : Third.	Clay.
Tues. : First.	Second-Gift beads.
Wed. : Second.	Pegs and Tile.
Thurs. : Seventh (A).	Pasting ( <i>squares</i> ).

GIFT.	OCCUPATION.
Mon. : Second.	Pegs and Tile.
Tues. : Third.	Clay.
Wed. : First.	Pasting.
Thurs. : Second.	Buttons.
Fri. : First.	Painting.

#### SECOND YEAR (*Age 5 to 6 Years*).

GIFT.	OCCUPATION.
Mon. : Third.	Clay.
Tues. : Seventh (B).	Folding.
Wed. : Sticks.	Sewing.
Thurs. : First.	Pricking.
Fri. : Slats ( <i>jointed</i> ).	Weaving.

GIFT.	OCCUPATION.
Mon. : Fourth.	Clay.
Tues. : Fifth.	Folding.
Wed. : Seventh (B).	Pasting ( <i>triangles</i> ).
Thurs. : Sticks.	Sewing.
Fri. : Third and Fourth.	Slats.

GIFT.	OCCUPATION.
Mon. : Fifth.	Folding.
Tues. : Seventh (C).	Weaving.
Wed. : Sticks.	Sewing.
Thurs. : Second.	Rings.
Fri. : Third and Fourth.	Clay.

GIFT.	OCCUPATION.
Mon. : Fifth.	Cutting.
Tues. : Seventh (A B C).	Painting.
Wed. : Sticks.	Drawing.
Thurs. : Third and Fourth.	Sewing.
Fri. : Second.	Rings.

These programmes can give only suggestions as to the connection in which the materials are used; they cannot be considered actual guides, as the work must vary in accordance with the condition of the children. Kindergarten work ought never to be laid out with rigid routine. True, a kindergartner must have a plan of her own, but she must be watchful to see if it suits the state and need of her pupil; not trying to force him along the tracks laid out and yet not encouraging wayward restlessness.

Observe the application of the law—the connection of one day's work with the next, and of each day's gift to its occupation. You see constant repetition of the first and second gifts in the first week, first year. From them the child gains its first intelligent ideas of form. They are repeated until the elements are impressed upon the child's mind, but always in *play* and with *play*.

There must be variety in the use of these simple gifts, and the leader, mother, or kindergartner must keep her mind upon their symbolic



influence and importance. This because the more she feels the harmony of nature's forms and laws, the stronger will be the current from her by which the child is helped to feel that same harmony. Constant repetition is necessary that every point may be emphasized, as there must be no forcing, no pushing into channels finely but mechanically prepared. That were to make a canal of the child's life

instead of the vigorous rushing of the brook. Keep your point in mind and watch for the opportunity to develop knowledge of it wisely, but always ready to follow the child's leading, even anticipating his desires and needs. Do not impress *yourself* upon him nor oppress him with yourself. Be still as much as possible, yet alert to put in the "vivifying word" where and when it will most help.



## NURSERY PROBLEMS.

### The Belief in Black Silk Cord and Amber Beads as Preventives of Croup.

Will BABYHOOD tell an anxious mother if a black silk cord is any more a preventive of croup than "amber beads"? Many nurses and some physicians recommend it. If not, why do watchful mothers find their "croupy" children never have it when the cord is worn?

I have been looked at in amazement and scorn for yielding to such "superstition," and if BABYHOOD condemns I shall have to submit. H.

Rochester, N. Y.

To tell why "watchful mothers" observe such things would require a discussion of the constant errors of observation dependent on the state of "expectant attention." It is more to your purpose to say just what we think about the black silk cord. First, we think it entirely harmless. Secondly, with every wish to admit the possibility of mysterious influences, we are obliged to say we think it absolutely valueless. The custom of wearing amulets about the neck is of the most ancient date, and, aside from religious tokens so worn, amulets are still in common use. The advance of civilization has dismissed from the category of ailments thus preventible conditions described in former times as "demoniacal possession," "the evil eye," etc., but there is still a strong popular faith in the value of these devices against especial diseases. Thus not only is croup but epilepsy and nose-bleed guarded against by the wearing of neckbands. The spirit of the age demands that the supposed value of amber beads be explained on the ground of its electrical peculiarities. The silk cord sometimes is explained in the same way. But we have frequently heard the same value attributed to a string of gold beads—heir-

looms preferred—and among those who have no necklaces three or four strands of red woollen yarn are worn with the same faith and, we have been assured, with the same success. Readers of "Lorna Doone" will recall the raising of the cream by Counsellor Doone by means of an incantation and passes with a diamond necklace. But necklaces are not the only amulets. Not to mention those of unenlightened nations, we may cite certain "lucky bones" from the cod's head and from the fowl's neck. But far more common and of the greatest popular repute and authority is a piece of brimstone against rheumatism and other diseases, and, above all, the horse-chestnut as a preventive and cure of rheumatism, to be worn by preference in the left-hand trousers pocket if the sufferer be of the male sex. It hardly need be said that these things are really utterly worthless. The great source of delusion lies in the fact that the diseases against which these mysterious influences are invoked are notably those of very uncertain course, coming and going in erratic ways. If a disappearance coincides with the use of the amulet it is noted and commented on. If the trouble persists the sufferer does not feel called upon to vaunt his own credulity.

### A "Hard-Reared" Baby.

To the Editor of BABYHOOD:

My baby has attained the age of sixteen months. He has been unavoidably bottle-fed, and has been what many would call a "hard-reared baby," but now seems perfectly healthy and fairly developed, walking but not talking, and boasting the possession of ten teeth. His diet is still confined, of course, to milk, cream, oatmeal, an occasional fresh egg,

or roast potato and bread and butter, of which he is inordinately fond.

So far so good. But Baby has one or two bad habits that seem to grow with his growth—first, exceeding restlessness at night; second, there seems to be an impossibility of weaning him of night feeding, or drinking rather.

He has never, I believe, slept a night continuously, whatever his state of health. Just now his programme is to wake once, say about two A.M., scream violently for a few minutes, insist on having some one take him from his crib to amuse and pacify him, and finally, after about half-an-hour's recreation, he condescends to accept a full bottle and retires with his treasure. Frequently he drinks two or three bottles of milk through the night, although in the day he never looks for one, drinking from a glass or cup at meal-times.

I am quite at my wits' end. What am I to do? If I let him cry on without heed or help, it seems to me he will certainly cry himself to sickness, so violently does he set about it; and how can I wean him from drinking?

M. M. H.

*Philadelphia.*

BABYHOOD will give what help it can on the facts stated. The phrase "hard-reared" we interpret to mean that his rearing was difficult, either from distinct sicknesses or from some delicacy or feebleness; if the latter, most probably digestive derangements. He now, at sixteen months, has ten teeth, probably the eight incisors and two of the first molars.

His "two bad habits" may be considered as manifestations of one. To give the cause of them, of course one should know a great many things not stated in the query. But one cause is suggested by the facts given. A child with probably only two molars has among its articles of diet two things notably hard of digestion at his age, and only digestible after prolonged chewing—namely, potato and bread. Both of them contain starch in a very large proportion. Fine wheat flour contains, according to some analyses, upwards of 70 per cent. of starch, and bread from it still near 50 per cent.; some of the starch having been changed by the raising and cooking of the bread. Raw potato has, say, 92 per cent. of starch. Now, without claiming, as some seem inclined to do, that starch is the great poison of infancy, it cannot be denied that it is very indigestible to children. Only prolonged chewing makes its digestion probable in adult life, and to many people it is always indigestible. To an infant as yet unsupplied with chewing-teeth (molars) it must be very difficult of digestion. The form of indigestion is not one that may cause immediate pain, or perhaps not great pain at all, but derangements of a remoter kind. This may not be the case with your child, but we cannot help associating the starch and the restlessness.

The demand for the "full bottle" is proba-

bly a natural sequence of the other troubles, or it may be partly habit—we cannot speak with precision for want of information. We presume you have tried water to make sure it is not thirst that troubles the child. If you have not, try if a bottle of water, not too cold, will not content him. Many children, however, demand the bottle because they have been taught all their short lives to expect something to be put into their mouths as the preliminary to sleep. They do not need food any more than many men need spirits, but they have gained a habit. If we had to deal with a wakeful or restless child, and could find out only the things you have stated, we should first get rid of the starch, giving in place of the milk diet for one meal some beef-juice or good plain broth (bouillon) of beef or mutton. If he craved bread he should have only the hard crust, which is more digestible than the soft crumb and portions of which cannot be swallowed until it has been diligently chewed off from the piece. The details of the remaining management would depend upon the success attending the change of diet. It is well, however, in the case of any "hard-reared" child, to have occasional advice from your physician, who can work out all the real facts. What has been said above is based on the few placed before us.

#### A Night-Light in the Nursery.

*To the Editor of BABYHOOD:*

What is BABYHOOD's advice about burning a dim light in the nursery at night? Can it have a bad effect on children's eyes?

T. M. P.

*Henderson, N. C.*

The light will do no harm, especially if it be so shaded as not to fall directly upon the child's face.

#### The Haven Nursing-Bottle.

*To the Editor of BABYHOOD:*

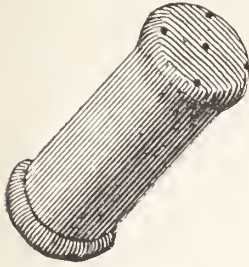
Please inform me whether you consider the enclosed nipple fit for a child to use? It is from the "Haven nursing-bottle," bought for my baby a year ago (when I found the supply from the breast insufficient); but she would not nurse from it at all, and I feared that the thick, flat head of the nipple might make her tongue sore. We afterwards procured the old kind, which she took readily. As for the bottle, we did not like it at all, as the milk was liable to be spilled by a sudden turn or push from the baby, and one was helpless to turn or shift the child.

A LOVER OF "BABYHOOD."

*Lansdale, Pa.*

The nipple seems to be all right. If your baby finds it unpleasantly stiff, and so refuses it, the angle can be softened by rubbing it on fine sand-paper or coarse cloth, so as to slightly thin it.

The objection you raise to the bottle seems to physicians a slight one compared with the advantage of having the top open. The open top obliges the attendant to hold it and not abandon the baby to its own devices. The writer is familiar with the use of the bottle in his own family. If the bottle is not over-full, there will be no spilling. Taste differs among babies as among adults. We know a baby who refused to take any other bottle after the Haven bottle was accidentally broken, and was thereafter fed from a glass.



NIPPLE FOR THE HAVEN NURSING-BOTTLE.

#### Care of the Teeth—Food for Weaning—Dilation of the Pupils—Soap for the Teeth—Cocoa.

To the Editor of BABYHOOD :

(1) What food is the best for strengthening the teeth? Dr. Leslie's article makes it plain why my teeth have become so poor since Baby came. Probably you have explained all about it in BABYHOOD, but I am a new subscriber and very much in want of information.

(2) What is the best food to wean Baby on, and when the best time? He is very strong, and hearty, and I find great difficulty in getting him to swallow anything besides his usual nourishment.

(3) What is the probable cause of the dilation of the pupils of his eyes? And what can be done? He inherits the weakness, and I would save him, if possible, from the trouble I have had with mine.

(4) What is the best kind of soap to use on my baby's teeth?

(5) Do you consider any preparation of cocoa injurious?

Butte, Montana.

(1) If there is no evident disease of the teeth, the best way to insure continued soundness is not to give any one thing supposed to be strengthening to the teeth, but a good, wholesome diet, and, above all, to avoid the use of those things known to damage the teeth. BABYHOOD has not discussed the care of the teeth of adults because that lies beyond its scope. The articles of food most likely to injure teeth are probably those the digestion of which, either generally or in the particular instance of the person concerned, are found to promote acidity of the stomach. Of course careful attention to the toilet of the mouth is assumed and the care of a dentist whenever his services can be commanded. Actual disease of the teeth can rarely be controlled without his attention. We may add a word about the

teeth of young children. It is of advantage to keep an infant's teeth clean in the same way as an adult's teeth are so kept. If teeth are already decayed they should be carefully attended to, and the decay hindered by cleanliness after each meal. If teeth are defective in structure, with, for instance, thin or irregularly absent ("worm-eaten") enamel, it is doubtful if anything can be done to strengthen these particular teeth, but coming teeth may be helped by care of the general health, and, as many believe, by the use of the lime salts, particularly the phosphate. The hypophosphite, generally found in the drug-shops in the form of a syrup, seems to be of some use. The same may be said of the syrup of the lacto-phosphate of lime, and some judicious practitioners still esteem the powder of phosphate of lime, and even the powder of ground bone.

(2) As BABYHOOD has so often said, it thinks good cow's milk, diluted properly with barley-water or oatmeal-water, sufficiently reliable for general use after weaning. Other methods of preparing milk are called for under special circumstances. The time for weaning may be set, as a general rule, at between ten and twelve months of age. Circumstances may hurry or delay the time. It should be done before hot weather.

(3) The causes are very many. Probably in the present case, as you say it is an hereditary peculiarity and do not mention any illness of the child, it denotes less sensibility to light than is usual.

(4) Any good soap—Castile, Ivory, Pear's—will do. Use it sparingly and rub very gently, as friction may irritate the margin of the gums and make it draw away from the teeth.

(5) If the individual stomach is not disturbed by cocoa, we know of no harm from its use. Those preparations that are very sweet are open to the same objections as all sweets. Some persons have indigestion after taking any preparation at all rich.

#### Giving the Breast to a Child Seventeen Months Old.

To the Editor of BABYHOOD:

My baby is seventeen-and-a-half months old and has thirteen teeth, having recently cut a stomach-tooth. She has an eye-tooth nearly through and the other stomach-tooth coming. Should I wean her now or wait for these teeth? She weaned herself once for three weeks, but when that stomach-tooth came she was pretty sick and cried for the breast, and has had it ever since—a month. She seems to be having no trouble with these teeth, and I don't know whether it is because she is nursing or what. If I wean her now she might cry for it again when



the teeth become painful, as she did before, and I would dislike to deprive her of her only comfort when sick; and still if I wait it may keep me nursing her till June. One doctor says, "Wean her now." Another says, "No! she needs the nurse very much at such a time." I am anxious for BABYHOOD's opinion.

M. W. C.

Cleveland, O.

The child ought not to have been put back upon the breast, for a breast so old as seventeen months is rarely of much use to a child, except to amuse it. The child probably needs other nourishment. We should much prefer to wean such a child and to give it suitable food. It would, if so fed and given a proper amount of drink, in all probability be just as contented as with the breast. Proper medication will quiet the restlessness of the child better than an over-worked breast.

#### Filling the Teeth of Young Children.

To the Editor of BABYHOOD:

Will BABYHOOD kindly give us its opinion in regard to filling the teeth of young children? Our little girl, four-and-a-half years old, has hitherto had perfectly sound teeth. We have watched them carefully, and for two years or more used a tooth-brush regularly. Now we find two or three tiny black spots on the double teeth, and we fear they are beginning to decay. Would you advise us to take her to a dentist and have them filled?

S. H. B.

Braintree, Mass.

We should advise you to take the child to a good dentist and let him decide the question of filling. So far as we have been able to learn, no general rule can be given by which to decide the propriety of filling any particular tooth. Competent dentists decide according to experience. But in our opinion, the dentist should always be consulted when practicable, because in a certain proportion of cases he can do a good deal to preserve the teeth until the second set comes, and to prevent pain from decay.

#### Fastening down Projecting Ears.

To the Editor of BABYHOOD:

Do you know of a successful way of fastening down little ears that stand out from the head? I know a refractory pair that are as soft as silk, and would certainly yield to pressure if it could be applied successfully.

WASHINGTON AUNT.

Washington, D. C.

BABYHOOD has always declined to say how ears may be fastened down, because it believes that any efficient method is much worse than the trouble. Projecting ears are not a deformity; they are simply an absence of beauty. The owners of such ears, if they are not reminded of them by some indiscreet person, usually do not think much about them. All training of

these ears, to be effectual, must be very prolonged, and, if it did nothing worse, would make the child painfully conscious of a peculiarity. In BABYHOOD's judgment it is wrong to subject a child to so much annoyance to gratify the vanity of any relative, even an aunt.

#### Banana for a Child of Eighteen Months.

To the Editor of BABYHOOD:

Do you think there is any objection to giving an eighteen-months-old baby a piece of banana? My baby was weaned at fourteen months, and only has wholesome food; but as she has been a little constipated since weaning, I give her a piece of orange or banana at noon, which keeps her all right. She is a strong, healthy child, has fifteen teeth, and has never been ill. I noticed, in a recent article on teeth, pie and banana mentioned together as equally injurious.

A NEW SUBSCRIBER.

Chicago.

You seem already to have tried the experiment on your child, and thus far to have had no trouble. All the same, we know of no article of food more likely to disagree with a child. If you cannot get a preferable substitute, the banana should be carefully scraped with a spoon, so that it may be finely broken up and fed to the child from the spoon, little by little. A piece of banana given to most children (and to some adults) is swallowed in lumps which hardly bear the marks of the teeth. We have seen them in the vomited matter of a child, after a fit of convulsions, unchanged hours after having been swallowed.

#### Eczema.

To the Editor of BABYHOOD:

Will you tell me what is the matter with my little boy's leg? There is some kind of an eruption on it below the knee, also back of the knee. First it made its appearance on front of leg, but it is spreading; commences with little pimples, but soon runs together; is slightly raised and is inflamed; itchy at times. We think perhaps it is salt rheum. I have been washing it with water and carbolic acid, and greasing with sulphur and lard, and giving sulphur internally. He had inflammation of the bowels when he was about six weeks old, and was badly constipated from then until he was a year old. He is now one year and seven months. I would like to know what to give to cleanse the blood and cure it.

N. N.

The description is perhaps as full as you are able to give, but it is not sufficiently so to enable us to make a diagnosis. The chances are that this trouble is eczema, possibly a scaly eruption called psoriasis. It would be unsafe to offer suggestions for treatment with the scant knowledge we have; but if it be either of the diseases suggested, better success will attend local treatment than attempts to "cleanse the blood."



### Injury by Crying—Vaccination-Mark—Rickets— Water on the Brain.

To the Editor of BABYHOOD:

(1) Can my year-old boy have injured himself by crying three nights, two in succession? It was during the final process of weaning, and nothing would pacify him. His stiff little back has grown limp, and he leans his head so pitifully against me that I fear he has hurt himself.

(2) His vaccination-mark is a little puffed and red. Can it be that it is "taking," and so cause his trouble?

(3) Is there anything to be done when one sees symptoms of rickets or water on the brain? I know of a baby having bad symptoms, and would advise the mother if it's not too late. N. N.  
Butte, Montana.

(1) It is not probable that he injured himself in any special sense. The change of food often entails quite a hardship upon a child, and makes it for the time being rather an invalid.

(2) A "vaccination-mark" usually means

the mark left by vaccination. The same vaccination does not "take" twice.

(3) Very much can be done for rickets by proper diet and hygiene, and something by medicine. For "water on the brain," in the sense of chronic hydrocephalus, less can be done, but something may.

### Pure Milk in the City.

To the Editor of BABYHOOD:

My baby is six months old, and until recently has had the breast. My health failing, it became necessary to give it the bottle. Having but recently moved to this city, and hearing such general complaint about the milk-supply, I ask your aid in obtaining an honest milkman. A. H.

56 West Twenty-sixth Street, N. Y.

There are many honest milkmen in New York City. Ash & Esler, 127 East Fifty-third Street, are well recommended by Mr. Bergh's Society and others.



## CURRENT TOPICS.

### The Baby in the Horse-Car.

"I WAS coming down-town," says a contributor to the *Catholic Examiner*, "on a horse-car the other day. The car was in itself an instrument of torture. It was old, worn out, and noisy. As it swung around corners and over switches it moaned as if in anguish. The passengers were not happy. The conductor was even more reserved and dignified than the average conductor. Three ladies had got on, sat down, and after the conductor had rung up their fares they found they were in the wrong car and got off, leaving the conductor fifteen cents behind his register and correspondingly unhappy.

"Then in going through the car he stepped on the pet corn of a fat and uneven-tempered old gentleman, who protested so vigorously that three elderly ladies on the other side of the car were shocked.

"Then a vinegary-visaged lady got on. It was certain from her appearance that her opinion of mankind was not flattering. She looked unhappy, and the wave of gloom in which that car was encircled rose several inches when she entered. Then a solemn-looking gentleman

boarded the car, and the driver winked expressively at the young man who stood beside him on the front platform, took the brake off suddenly, and the solemn man sat down energetically in the lap of the lady of vinegary visage. This simply aggravated the unhappy condition of my fellow-passengers. An organized and stalwart scowl rested supreme on the whole car.

"A few blocks farther on a smiling young woman, carrying a plump, blue-eyed baby, entered the car. The baby seemed to grasp the situation at a glance and immediately started in to straighten matters out. He began with the vinegary lady, who sat beside his mother. He placed one chubby hand confidently on her shoulder and addressed her briefly but pointedly in a tongue with which I am not familiar. Then he clinched his effort with a smile that even the vinegary lady could not withstand, and she melted. I would never have believed that she could look as amiable as she did after the baby had closed its attack upon her.

"After that the baby turned his attention to the other passengers. He cooed and smiled at

the fat man, and the fat man forgot his corn and his unhappiness ; he shook his chubby fist at the solemn man, and that gentleman became cheerful ; then he made a dash for the conductor's bright buttons, and that official so far forgot his dignity as to pinch the baby's fat cheek.

"From that time forward the baby reigned supreme in the car. When I left it at the City Hall he was jumping and crowing in his mother's arms, and the occupants of the car were an absurdly happy and admiring group."

#### A White Baby in a Congo Town.

AN incident is mentioned in a letter from the Rev. W. Holman Bentley, of the English Baptist Congo Mission, showing that even a baby may give efficient help in missionary emergencies. On the mission steamer *Peace* the party had been making its way to the Upper Congo, and were in the Upper Bolobo district. The natives of the Moi towns, Mr. Bentley says, had been very sullen and indifferent.

"In the afternoon," he writes, "we steamed to the Moi towns. As we neared this beach, the people told us to go away, they had no food to sell us.

"Baby was taking his bath at the time, but I called for him to be brought up quickly. The moment he appeared there were shouts of delight and a crowd assembled. In less than two minutes after we had been told to go away I had to take the baby ashore and my wife to go into the town. Such delight, shouting, crowding, all in good part, no rowdiness ! A great number wanted to hold him for a moment. Was he born like ordinary children ? Which was his mother ? They could scarcely realize that there were also white women. Some of them who held him for a moment had rubbed themselves with powdered camwood, staining his white dress a bright red ; one or two were in mourning and had rubbed themselves with soot and ashes. Baby's general appearance after a visit of this kind may be guessed. Very soon the women were busy cooking food, and I strolled through the town, exchanged presents with Ngoi, the chief of the adjoining town, and returned to the *Peace*.

"Of course the baby was a nine days' wonder, and his unexpected visit made a grand and favorable impression."

#### Solomon's Judgment in Chinese.

THE following was recently related by a writer in the London *Academy* :

"Two women came before a mandarin in

China, each of them protesting that she was the mother of a little child they had brought with them. They were so eager and so positive that the mandarin was sorely puzzled. He retired to consult with his wife, whose opinion was held in great repute in the neighborhood.

"She requested five minutes in which to deliberate. At the end of that time she said :

"Let the servants catch me a large fish in the river, and let it be brought to me here alive."

"This was done. 'Bring me now the infant,' she said, 'but leave the women in the outer chamber.' This was done, too. Then the mandarin's wife caused the baby to be undressed and its clothes put on the large fish. 'Carry the creature outside now, and throw it into the river in the sight of the two women.'"

"The servant obeyed her orders, flinging the fish into the water, where it rolled about and struggled, disgusted, no doubt, by the wrapping in which it was swaddled.

"Without a moment's pause one of the mothers threw herself into the river with a shriek. She must save her drowning child.

"Without doubt she is the true mother," declared the mandarin's wife, and she commanded that she should be rescued and the child given to her.

"The mandarin nodded his head, and thought his wife the wisest woman in the Flowery Kingdom. Meantime, the false mother crept away. She was found out in her imposture ; and the mandarin's wife forgot all about her in the occupation of donning the little baby in the best silk she could find in her wardrobe "

#### Juvenile Crime.

SAYS the *Churchman* of this city : "One source of anxiety which disturbs or ought to disturb our national complacency is the alarming increase of juvenile crime in the larger cities of the country. The genus 'bad boy' has always existed ; but the bad boys are unquestionably more numerous and more systematically and dangerously wicked in the great centres of population now than they were formerly. The increase of the evil is not only portentous when mere statistics are considered, but especially so when it is remembered that the growth of it has persisted in spite of the extraordinary police and reformatory methods and efforts which have lately been interposed to correct it. There is no need to specify the evidence which proves that juvenile crime is actually increasing at an alarming rate. Police reports and casual items

in the daily press do but confirm what the eyes of the average citizen too plainly see, that there are growing multitudes of reckless, hardened, cruel, blasphemous boys in all cities, who are already criminals in disposition and character, and who are often banded together for the systematic prosecution of thieving, burglary, arson, and like deeds of evil. Not long ago there was a gang of young robbers in one of the Western cities who habitually plied their calling by means of incendiarism, their plan being to set fire to some building and then steal in the midst of the confusion created by the fire. In another city there was a gang of boy burglars who had filled a den in the yard of the father of one of them with the goods stolen from houses in the immediate vicinity. In another city a band of young thieves surrounded an old man on the street in broad daylight and made a bold attempt to rob him; and when, by a lucky accident, they were thwarted and arrested, it was found that they were experienced 'crooks,' already devoted to a criminal career, although the oldest of them was less than sixteen years of age.

"Even worse revelations are occasionally made in the fact that the foulest dens of infamy in great cities are frequented by children, and that the most desperate criminals commonly have a number of boyish admirers and helpers among their satellites. No doubt the worst of the matter is not known by the public at large. The police authorities could doubtless reveal a condition of things in this respect that would fill us with horror. It is altogether likely that a certain amount of reticence is wise. But enough is known to alarm all good men and set them thinking. It is from this class of neglected and evil-disposed children that our criminal classes are being constantly recruited. There is a growing section of society that are devoted to wickedness, and must become more and more baneful and dangerous as the source of irreligion, brutality, and all manner of lawlessness. It is time that the Church should begin to look at the matter in a large way and bring to bear upon it all its vast resources of intelligence, liberality, and grace."

#### Doubtful Philology.

A WRITER recently gave to the *London Standard*, apropos of a discussion in its columns concerning a pronunciation of Latin, an argument to prove that *v* formerly had the sound of *w*, as follows: "*Vagitus*—the squalling of a newly born baby (*primos edere vagitus et adhuc a*

*matre rubentem*)—is admitted to be a word founded on the noise babies make—*Va, Va*. Now, I contend that no one ever heard a baby cry *Va*; to do so it must have arrived at the dignity of teeth; but I am prepared to bring into court any number of English babies—unprejudiced witnesses, with no theory of their own as to Latin pronunciation—who will with one voice agree with the babies of olden time in uttering a sound which might very fairly be written down as *Wa, Wa*."

#### Short-Hand Talking.

A WRITER in *Chambers's Journal* says that the expressions used by some boys and girls, if written as pronounced, would sound like a foreign language. Specimens are given of what is called "short-hand talking":

"Warejago lasnight?"

"Hadder skate."

"Jerfind the ice hard 'n good?"

"Yes, hard 'nough."

"Jer goerlone?"

"No; Bill 'n Joe wenterlong."

"How late jer stay?"

"Pastate."

Commenting on this, the *Christian Advocate* says: "Such specimens might be multiplied indefinitely. It is enough to make the dear grandmothers and aunts sigh for the days when they were young. It is too often the case that a civil question will bring from a child 'Yep' or 'Naw' as a reply, for these seem to be the nineteenth-century substitutes for the quaint 'Yes, ma'am' or 'No, ma'am' of our forefathers."

#### Establishing Her Fortune.

ALMOST the very day that Captain Greely, of the Weather Bureau at Washington—says a newspaper report—received his promotion as a brigadier-general, a little girl baby was born into the family, and an announcement of the fact found its way into the daily papers. A few days later General Greely received a letter, without date or signature. The writer enclosed a check for \$500, which he desired should be invested for the benefit of little miss until her eighteenth birthday. He also desired that the baby, if not already baptized, should be given the name of Rose. This not being possible, the writer's request was not complied with. General Greely, after making a number of unsuccessful efforts to discover the unknown donor, decided to accept the gift in the spirit in which it was tendered, and the money has been accordingly placed to the baby's credit.



## HIGH-CHAIR PHILOSOPHY.

LITTLE George was presented with a book by his uncle. The book struck George as being decidedly too juvenile for one of his advanced years, and, after examining it for a while, he said to mamma in a confidential way: "Queer, isn't it, mamma, that uncle should have given me such a child's book as this? But I suppose he liked it himself."—*Mrs. E. G., Port Jervis, N. Y.*

—I said to my little son, three-and-a-half years old: "That is all the jelly you can have, dear; make it go as far as you can." Quick as a flash came the answer: "I'll make it go as far as my stomach."—*L. W. P., North Weymouth, Mass.*

—Henry, aged two-and-a-half, threw his sister's handkerchief into the grate-fire one day and watched it burn. Some time afterwards he was sitting at dinner with his mother and was gazing into the fire. Then he gave voice to his thoughts: "Mammy, once a boy-baby frew a hangchuf in 'at fire and burnt it all up." Then he watched for surprise and horror from his mother. After noticing both on her face he went on: "Ess, he was a naughty boy, but it wasn't this baby—no, not at all, but a boy-baby."—*M. D. L., Montreal.*

—Flaxie's papa is professor in a theological seminary, but that does not reconcile him to being aroused in the middle of the night by hearing his three-year-old daughter calling, "Papa, papa!" "What is the matter, Flaxie? Are you sick?" "No, papa; but tell me, does God get wet when it rains?"

Another morning, the moment her eyes flew open, she announced with great satisfaction that she had found out who the first babies were. "Must have been God's father and mother, don't you see?"

When my sister was a child she had a careless way of repeating what she thought she heard, without the least reflection. This habit caused some mistakes which have been remembered by the family. She opened the door to a boy asking for cold victuals, and flew to mother, calling, "A little boy wants some *gold fiddles*; can you give him some?" One morning I was searching for Young's "Night Thoughts," which I was using as a text-book. She went ahead of me to school and told the girls: "Yes, she's coming, but she's got to find Young's *night-hawks* first." We gave some presents to two of our teachers, and her report was: "The students gave Dr. M— a beautiful chair, and they gave Miss A— Longfellow's *donkey*" (Dante).—*E. D. S.*

—A little three-year-old came into the house, sat down, and laughed and laughed. Her mother tried to find out what was so amusing. Finally she managed to say that she was laughing "to think how funny folks were made." "Why, how are they made, my child?" she replied. "Just skin drawn over bones."

We had had a very rainy week, and she stood by the window watching the rain. Presently she turned and asked her mother "if God could see down here." "Yes; why do you ask?" "Cause, if He can, I should think He would see that we had enough rain."

A bright little three-year-old wanted his auntie to play with him. She said she was too old. He hunted around until he found the machine oil-can, then brought it to her and said: "Now I'll oil up the old machine so that it can go."—*H. W., Washington, Iowa.*

—Three-year-old Nat was told to take good care of his silver fork, so that when he grew up and had little boys of his own he could give them the fork he had himself used when a baby. "Nat wants to see Nat's little boys *now*," was the prompt reply.—*S. W. T., Chicago.*

—My little four-year-old Mabel came to me the other morning to button her apron—which is ingeniously contrived to fasten behind for some unknown feminine reason—and thoughtfully remarked: "If I could get behind myself I could do it."—*J. C. F., Garrettsville, O.*

—Florence, four years old, attends Sunday-school. She was playing "tea" with Edgar, aged five, and when he said, "I am going to serve the cheese," she corrected him with: "O Edgar, don't say 'serve.' 'Serve' means serve the Lord with gladness."

She was allowed to help her mamma in lengthening out a dress, and called to her sister Alice, to look and see how nicely she was "taking the short out of it."—*P., Hyde Park, Mass.*

—"Little boy," said a gentleman, "why do you carry that umbrella over your head? It's not raining." "No." "And the sun is not shining." "No." "Then why do you carry it?" "'Cause when it rains pa wants it, an' it's only this kinder weather that I kin git ter use it at all."—*Exchange.*

—A very pretty little girl, only three years old, attracted the attention of passengers in a New York train for this city the other day, and finally one gentleman succeeded in getting her upon his knees. "Where are you going, sissy?" he inquired. "I'm doin' to Hartford," said the child, adding eagerly: "I've dot on a new pair of flannel drawers! Did you ever have a pair of flannel drawers?" Further inquiries were smothered in the laughter of everybody within hearing.—*Hartford Times.*

—A little girl while on a visit to her grandmother had been seriously ill, and, as she grew better, was spoken of as convalescent. Thinking it would be very smart to use a long word, she wrote home: "Dear mamma, I am happy to say that I am convulsive."—*Exchange.*

—A four-year-old boy, while making a morning call at the house of a neighbor, overheard the servant-girl talking emphatically to the cat in her endeavor to get it out of the kitchen. Among other things the girl said to the cat was this: "If you don't get out of this I'll shake the liver out of you!" This remark struck the listening youngster favorably, and he treasured it up for future use. Next morning he chanced to be at the same neighbor's, and the smaller members of the household announced to him that they were going to have liver for breakfast. The youngster put two and two together at once, and reached his own conclusions; then, to confirm them, he turned to the girl and asked anxiously: "Did you shake it out of the cat?"—*St. Albans Messenger.*

—Little three-year-old Arthur was pulling the cat's tail, when a gentleman visiting there said: "You mustn't do that; she will bite." To this he replied: "Cats don't bite at this end."—*Youth's Companion.*

—"You don't mean to say that you understand French, Tommy?" "Oh! yes, I do. When ma and pa speak French at tea, I know I'm to have a powder."—*Christian Register.*



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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SAD cases of fanaticism are constantly appearing in the newspapers, but we have rarely noticed one more terrible than that which tells of a child in a Western town whose parents watched it through a painful illness of a fortnight and saw it finally die, but at no time lifted a finger to help it. They wrestled mightily in prayer for the child, they asserted in its behalf a faith that would move mountains, but they called in no physician and gave it no intelligent care. The neighbors, we are told, broke into the house at the eleventh hour and insisted upon proper medical attention being given; but it *was* the eleventh hour, and the little one died. It is difficult to speak with patience or temperance of such a tragedy as this. It is unfortunate that individuals "possessed of a devil," as these most certainly were, had not previously given such evidence of mental alienation as to effect the confinement, in the halls of a lunatic asylum, their cases so emphatically demanded.

Under the title "Wasted Sunbeams—Unused Housetops," Dr. Gouverneur M. Smith, of this city, makes an earnest plea in the New York *Medical Record* for such an architectural reform in our dwellings as will enable us to utilize to the largest extent the health-giving rays of the sun. He indicates how much wiser, in this respect, the early Orientals were: "These ancient forefathers believed that fresh air was an important factor in maintaining physical vigor, and that exposure to the solar beams was

salutary, and they lived according to their convictions. In constructing their homes their architects utilized their housetops and gave them salubrious plateaus. The roofs, gently declining as water-sheds, were covered either with tiles, bricks, or cement, making them as durable as pavements. Beddings of turf, prettily distributed, made these artificial deserts to blossom as the rose." The doctor asserts that there is nothing in either our climate or state of civilization to forbid our following, in a measure, the example set us so long ago. "In a great metropolis like this there are thousands of children and invalids, to say nothing of those in mature years and engaged in the ordinary pursuits of life, who require more fresh air and sunning than is now practicable. City-yards are small, shut in by tall buildings and high fences; the parks may not be adjacent, and the streets afford ill-conditioned pleasure-grounds." He asks if some plan cannot be contrived by means of which this vast extent of roofing, now practically useless, can be made "additionally useful at certain seasons by affording out-door recreation and protection from invalidism." He would clear out the trunks and unused storage usually found in attics, introduce ventilating shafts, make broad windows the width of the house, front and rear, and, by rearrangement of space, render the roof readily accessible. "Roofing can be contrived suited to this climate, and enduring as pavement. A pleasure resort might ornament each residence, its limits

bounded by the area of the dwelling; neighborly consent could widen the range, turf and flowers brightening the plain. Iron-framed and glass-enclosed rooms or cupolas could be added, which would prove useful during all seasons, artificial heat tempering all inclemency." So long as people congregate in cities, diseases peculiar to such crowding will be more or less rife, according as means are used to utilize nature's benign gifts, or as they are allowed to run to waste. There is much in the suggestions of Dr. Smith, and an undoubted access of health and strength awaits the family or neighborhood that has faith to believe and the courage to execute them.

A successful experiment has been made in Boston for the last two summers in the direction of "sand-gardens" for little folks. They have been placed in various localities, such as the yards of Trinity House, of the Temporary Home for Destitute Children, the Children's Mission, and one or two tenement-houses at the North End. The Committee on Play-grounds of the Massachusetts Emergency and Hygiene Association have decided to enlarge the work for the coming season. To this end, they, with the People's Entertainment Committee and the Associated Charities, petitioned the school committee of Boston for the use of the public-school yards, the request being readily granted. It is proposed to provide in these yards, during the summer vacation of the schools, simple, healthful games and sand-gardens for little children who would otherwise play in the streets, each play-ground to be under the constant supervision of a matron or guardian. Such ounces of prevention cost much less than the pounds of cure for which liberal donations are so often made by wealthy people. Contributions are gratefully acknowledged by the treasurer of the association, Col. A. A. Rand, 23 Milk Street.

The desire for exercise seems to be inherent in every healthy infant. The almost continuous muscular movements of such

a one, as compared with the quiescence and fear of movement manifested by a child suffering from rickets, was pointed out some years since by no less an authority than Sir William Jenner. For a long time it has been a question, more or less discussed, whether systematic exercise was necessary for the physical development of infants and young children. In considering the question we must not forget that developmental activity is at its greatest during the early years of life, and we should be careful to avoid depression of the vital powers through physical fatigue. At the same time every opportunity should be given the infant to give free muscular play to its limbs, unencumbered by the wraps and robes that so commonly load down and impede it. Let it roll about each day, lightly clad, in a room of suitable temperature, upon a mattress, and encourage it to frolic and stretch its limbs to its heart's content.

The *Medical News*, of Philadelphia, publishes an account of *sixty-four* cases of poisoning in that city, caused by the use of lead chromate (chrome yellow) by bakers as a cake dye. It was used for the coloring of cake, buns, and noodles, and in such appreciable quantities as to cause the most alarming symptoms of lead-poisoning. This is one of the most insidious of the metallic poisons, and one especially dangerous in civilized life by reason of its being retained with great obstinacy by the tissues. Its continued ingestion in small doses thus gradually produces a serious cumulative effect. It is a satisfaction to record the successful prosecution and punishment of the guilty parties.

The callousness of children in contemplating either the horrors of war or individual suffering we do not believe to be due to the transmitted habit of ancestral savages, as is held by a writer in a recent number of the *Popular Science Monthly*, but to be rather the result of immaturity and inexperience. If "the emotion of pity appeared late in the history of the human

race "it developed rapidly under the education of sorrow and suffering. Pity implies sympathy, and sympathy the fellow-feeling that comes to those who have had more or less identical experiences. To know and feel this, one must have lived and suffered. To the child this must come late, as do the results of all experience and training. To hold, however, that the absence of emotion in childhood is due to a heritage of savage forefathers is as illogical as it would be to attribute to their transmitted influence the lack or absence of talents that had never been educated or trained. No; children are callous and cruel because they have not learned to be gentle and kind. Sympathy is not always or commonly instinctive, but becomes so as a result of training.

BABYHOOD has already called attention to the feasibility and value of early instruction in botany to young children. Aside from the foundation it would lay for future study, the imparting of elementary information about flowers and plants met with in summer walks, the comparison of different leaves, adds immensely to the pleasure of such trips, even to the very young, while it stimulates habits of observation. The cultivation of this cannot be begun too soon or continued too late. The observer is one who sees quickly, grasps readily, and applies precisely. The child cannot begin its practice at too early a date. The practical value of such information also has its uses in avoiding poisonous plants.

A short time ago, when we printed a number of communications sent us for "The Mothers' Parliament" all of which happened to come from the mothers' husbands, we changed the title to "The Fathers' Parliament," explaining the innovation by stating that a superabundance of paternal ancestors had for the time being monopolized the space; but it seems to have become necessary—at least if the present feast of reason and flow of soul from that direction holds out—to add a regular department to the magazine for the purpose. So it is possible

that our readers will find sometimes one department and sometimes the other, or even both in the same number. May they vie with each other in wisdom and grace!

The communications received for "The Fathers' Parliament," by the way, are only a few of many indications which have, ever since the magazine was started, gone to show that the mother is by no means the only one who takes a deep interest in the baby. "Parliaments" might, on many occasions, have been convened by Aunties, Uncles, Grandfathers, Grandmothers, Step-mothers, and Step-fathers, and even Next-Door-Neighbors. But the greatest of these is the father, second always, of course, to the mother. Fathers have in many cases known to us appalled the mothers by subscribing to BABYHOOD for a year, when the latter have averred, on seeing the title-page of the first number, that they "knew it all," and could not learn from a printed page an iota of the teachings of one solid day's experience in a nursery with one or two real, live babies. Yet we have known those same mothers to begin at the first page and not lay the magazine down until they had reached the last—or, to be exact, to begin at the last page and not stop until they had reached the first—and then admit that being brought thus into acquaintance with the lives of so many other babies had been of incalculable benefit. Fathers are free from the constant worry and attention with a child, and can thus, in the breathing spaces which seldom come to the mother, think of and do many things that would not otherwise be thought of, which will make for Baby's welfare; and without at all reflecting on the mother, we can affirm that much of the upward progress of the race within the past three or four years—*i.e.*, that preferred portion of it which has read BABYHOOD—has been due to the maternal instinct of paterfamilias. Whether this characteristic of the genus is a modern development cannot be said, for if it existed previously there was no BABYHOOD to record it.



## SUMMER INDIGESTION AND DIARRHŒA.

BY HENRY DWIGHT CHAPIN, M.D.,

*Professor of Diseases of Children at the New York Post-Graduate Medical School and Hospital, and at the Woman's Medical College of the New York Infirmary.*

THE various seasons of the year are each found to present a prevailing type of disease. In winter the cold weather and harsh winds put a strain upon the breathing organs, and as a result bronchitis, pneumonia, and various throat troubles are extremely prevalent. In the changing period of spring and fall certain conditions of earth and atmosphere favor the development of fevers, typhoid and malarial. As soon as the hot weather of summer sets in the digestive tract bears the brunt of disease. Just at the opening of this period it is proper for the readers of *BABYHOOD* to recognize the source of future dangers, in order, as much as possible, to avoid them. This is rendered the more necessary from the fact that infants and young children are peculiarly susceptible during hot weather to stomach and intestinal disease, far more than older persons.

### **Causes of Infantile Susceptibility to Summer Diarrhœa.**

In the first place, the mucous membrane of their intestinal tract is very delicate and sensitive, and disturbance is thus easily provoked. Young tissue is irritable; all the organs of the infant show this in a marked degree as compared with the adult. If an older person takes nourishment that disagrees, there will probably be nothing more than a passing discomfort; in the case of an infant there will doubtless be diarrhœa and prostration. Again, the nervous system in infancy is exceedingly susceptible to depressing influences of all kinds, and such an agent as heat acts mark-

edly in lowering vitality. The digestive organs in early life are more under the control of the sympathetic nervous system, and less influenced by the brain and spinal cord, than in adults. Heat acts very quickly upon the former system of nerves, and as a result acid fermentation of the food ensues, and the intestine contracting too rapidly, passes the mass along and expels it before complete digestion can take place. The bowels may thus move too rapidly, irrespective of improper food, under the influence of heat alone. Unfortunately for infants, the food upon which they are obliged largely to subsist undergoes decomposition very readily. Heat brings into activity certain ferments that cause milk to sour. When this change takes place it becomes unwholesome, producing indigestion and diarrhœa. The baby is thus predisposed to digestive disturbances by the structure of its intestinal canal; the heat of summer, by upsetting its nervous equilibrium and spoiling its food, makes indigestion and diarrhœa very common at this season.

### **Phenomena of Infantile Digestion.**

A glance at some of the phenomena of infantile digestion will help to an understanding of the disorders of this part of the body, particularly diarrhœa. Nourishment taken by the mouth passes through the gullet, or œsophagus, to the stomach, thence through the small intestine to the large intestine, where the insoluble and waste part is finally expelled from the body.

Certain chemical and physiological



changes are wrought in the food during this passage by which is rendered possible its absorption into the blood and final assimilation by the tissues. Various peculiarities of structure may be noted in the infant. In the first place, the salivary glands are quite rudimentary early in infancy, so that no digestive action at all takes place in the mouth. As the saliva acts upon starchy food, the absence of this fluid is evidence that the latter form of nourishment is not now appropriate. It is a matter of

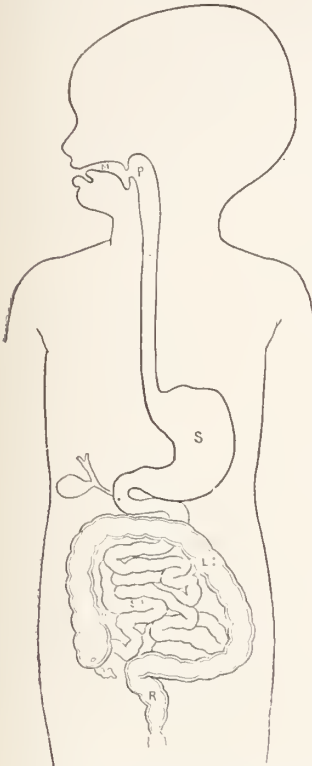


FIG. 1.—Alimentary Canal of an Infant. M, mouth; P, pharynx, or throat; O, oesophagus; S, stomach; L, large intestine; S I, small intestine; R, rectum.

common observation that one of the most frequent causes of diarrhoea and indigestion in young infants is from giving starchy food carelessly at this time. Nothing but milk, which contains no starch, should be given until the salivary glands are more developed. Milk consists of fat in a state of fine subdivision, of caseine and sugar in solution, of various salts and water.

#### Stomach Digestion.

When milk reaches the stomach digestion begins. Both the size and shape of the stomach in the infant are different from this organ as seen a little later in life.

Instead of lying transverse, it is oblique

and not so sacculated, being more like a simple enlargement of the general intestinal tract. This explains the ease with which babies vomit, the act being usually unaccompanied by nausea or distress, as it is simply a regurgitation of food when a little too much has been taken. Although the stomach is not large, and readily parts with any excess of nourishment, digestion is relatively much more active here than in adults, as the organ empties itself in a little over an hour. As the milk gets well into the stomach it comes in contact with the acid gastric juice that is secreted by this organ. This fluid acts upon the caseine of

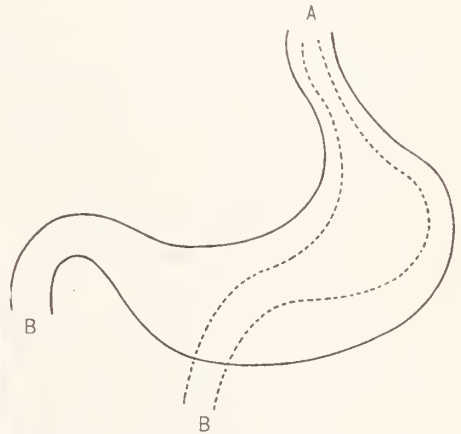


FIG. 2.—Relative positions in abdomen of stomachs of adult and infant, the latter being shown by the dotted lines, connecting with A, lower end of gullet, and B, upper end of small intestine.

the milk by its acidity, changing it into insoluble curds. The pepsine contained in the gastric juice then gradually dissolves the curds, forming a substance called peptone, that can readily be absorbed by the blood-vessels, and thus taken into the system. A certain part of the caseine is changed into an insoluble substance, sometimes called parapeptone, the digestion of which is completed in the small intestine into which it passes. It not infrequently happens that the gastric juice is so extremely acid that very tough curds are formed by the caseine, upon which pepsine cannot effectually act. After much distress in the stomach these curds are either vomited or

pass unchanged into the small intestine, where they are a source of irritation and diarrhœa. Over-acidity of the stomach may be caused by excessive mucus, which is readily produced by all the mucous membranes of unhealthy or scrofulous children, by too frequent feeding or giving wrong kind of nourishment, especially articles containing too much starch. As an example, if a baby of six months is fed upon potatoes the starch will undergo fermentation into acid and thereby cause much trouble. The sugar-of-milk and various salts in solution in water are usually absorbed directly into the blood-vessels of the stomach.

#### **Intestinal Digestion.**

The small intestine begins with a valve at the so called pyloric end of the stomach. It consists of a tube arranged in many coils and opening finally into the large intestine. There are three digestive fluids to act in the small intestine, namely, the bile secreted by the liver, the pancreatic juice by the pancreas or "sweet-bread," and the intestinal juice secreted by minute glands embedded in the mucous membrane. All of these fluids are alkaline, and hence the small intestine is never, in its normal condition, acid like the stomach. The fat or butter of the milk is acted upon by the bile and pancreatic juice, and split up into a fine emulsion that can be absorbed. If anything interferes with this process the fat quickly changes into irritating fatty acids. Any starch that may have been taken and escaped digestion by the mouth is changed into sugar by the pancreatic juice, in which form it is absorbed. As both the salivary glands in the mouth and the pancreas in the abdomen are not well developed in young infants the starch when it reaches the intestine undergoes decomposition into acids and gases, and hence the tense, swelled abdomen in such cases.

#### **Source of Acid and Gas.**

Any food in the small intestine that is not quickly digested will change to acid and gas, and as soon as this tract becomes acid instead of alkaline digestion is serious-

ly hampered or stopped entirely. Thus is seen the vicious circle of intestinal indigestion in infancy. The collection of gas produces the familiar wind-colic that occasions so much distress. The bile acts as a sort of natural laxative, and serves, within certain limits, to prevent decomposition of food before it is digested. The inner surface of the small intestine is lined with numberless little finger-like projections that have been compared to minute rootlets, reaching into the cavity of the canal and thence absorbing into the system the nourishment there found.

#### **Absence of Valves in Small Intestine.**

The small intestine of infants differs somewhat from the same structure in older persons. The solid food taken by the latter requires the intestine to be furnished with numerous valve-like projections, that exist for the purpose of preventing the food from passing too rapidly, and hence escaping complete digestion. In infants these do not exist or are rudimentary, and the inner surface of the small intestine is more like a smooth tube. Food thus passes through quickly, and intestinal as well as stomach digestion is relatively more rapid than in adults. This rapid passage is rendered important by the fermentable nature of their food.

#### **Function of Large Intestine.**

The insoluble residue of the food passes into the large intestine, where more or less water is absorbed, and the fecal matter thus prepared for expulsion. No digestion takes place in this portion of the canal.

This brief sketch of some of the more important phenomena of infantile digestion may render plainer our consideration of summer disturbances. The principal evidences of stomach trouble are vomiting and acidity; of intestinal indigestion, colic and diarrhœa. All these conditions are apt to coexist, and to the latter we will now draw attention.

#### **Number of Movements a Day.**

A baby should usually have from two to four movements from the bowels during

twenty-four hours. After two years the average baby will have not more than one or two movements a day. There may be some latitude in the number of movements within the limits of perfect health. Some babies may have five or six movements a day and yet thrive, having good digestion and health. It is a bad practice in such a case to tamper with the bowel by giving astringents. Very likely an inspection will show that each stool contains very little matter. In other cases a baby may do well with only one movement a day, and laxatives are not necessarily indicated, as the stool may be large, and thus sufficient to empty the bowel of waste material. The terms constipation and looseness of the bowels, as popularly used, are thus relative, within certain limits.

#### **Nature of Diarrhœa.**

It is important to have a true conception of the nature of diarrhœa. This process is primarily conservative and is nature's effort to expel offending matter. Unfortunately the process is often accompanied by such irritation and drain to the system that the results are serious. And yet without the diarrhœa dangerous substances might cause inflammation, or poisons be retained in the system. Medical students when first working in the dissecting-room are often seized with a diarrhœa, but this is doubtless caused by the intestines trying to throw off the poison inhaled by the lungs, and may save them a fever.

#### **Diarrhœa Must not Remain Unchecked.**

There is a tradition that certain kinds of diarrhœa cannot be safely checked for fear that vital organs like the brain may be attacked. The basis of this false idea doubtless lies in the fact that if a child has a mass of hard, indigestible matter in the intestinal tract, and opium or some strong astringent be given, thus stopping all movements, the results will be disastrous. Diarrhœa in infancy should never be allowed to continue, but all cases must obviously be treated with reference to their *nature* and *cause*. Probably the easiest way to get such definite

knowledge of a given case of diarrhœa will be to carefully study the stools. This method is not theoretical but objective, and within reach of every mother. A physician once said that the best way to understand infantile diarrhœa was to study the diapers. This plan we will pursue.

#### **Normal Character of the Stools.**

In early infancy the stools are yellowish-white or orange yellow in color, of thin consistence, and slightly fecal, somewhat sour odor. The reaction is acid. A little later, up to the first or second year, the movements will be brownish-yellow in color, with more of a fecal odor, and of mushy consistency. When the first dentition has been completed the mass is brownish and formed, with the usual characteristic odor. The discharges are modified, more or less, in the different forms of diarrhœa.

#### **Green Stools.**

These are very often seen, particularly in the summer diarrhœa of infants. They point to a highly acid condition of the intestinal tract. Various acids, produced in different ways, help to form this unnatural state of the intestines. The original cause is fermentation of some kind of food, or of mucus that has been produced in excess. Starchy foods, such as potatoes, oatmeal, hominy, etc., undergo fermentation into lactic acid. Fat will give rise to butyric and fatty acids. Undigested casein will partially decompose into acids somewhat like those coming from fats. The latter are very irritating. An excess of mucus, which is particularly apt to collect in the bowels of unhealthy children, may be the starting-point in the formation of acids, and in such cases the changes in food may be secondary. Acid discharges irritate the skin of the buttocks, which soon becomes red and inflamed. The mother will often notice this condition first, but its original cause is always higher up in the intestine, and treatment must be aimed at this part. The mucous membrane of the mouth is likewise usually reddened, and may show small, white points called thrush. If

this condition of the intestine remain present long, the infant's constitution will suffer, as the acids not only prevent good digestion, but are partially absorbed by the blood-vessels and produce certain secondary effects. The principal injury done by the acids thus absorbed will be in dissolving some of the phosphate of lime in the bones and carrying it out of the system. This useful agent gives to bones their hardness and rigidity, hence, when not present in sufficient degree, the structure of bone becomes too soft. The disease thus produced is known as rickets. In bad cases the bones become curved and much deformity results. The advanced stage of this disease is seen oftener in England and Continental countries, where great poverty and consequent bad diet are commoner than in the United States. In an incipient stage it is seen everywhere, however, among all classes, and results from the acid indigestion to which attention is here especially called. The green tint of the stools is produced by the excess of acid changing the yellow coloring matter of the bile into green.

#### **Yellow. Watery Stools.**

This form of diarrhœa is interesting to consider, inasmuch as the discharge is due to an excessive secretion of the intestinal glands, together with too rapid contractions of the bowel. The trouble is not due to food, but rather to a weakening of the nervous system. The sympathetic nerves that so largely control the action of the bowels should be to a certain extent under the influence of the brain and spinal cord. In infants the higher nerve centres are not much developed, and the slight control exercised by these centres over the vegetative functions is much weakened by any depressing agent like heat. Many infants, after a few days of hot weather, will begin to have yellow, watery stools, although no error in diet has been made and every care exercised in attending them.

#### **Hard, Lumpy Curds.**

From what has been already said about the digestion of caseine, we can readily un-

derstand the source of trouble when tough curds are found in the stools. The coagulum of caseine formed in the acid stomach, if too dense and tenacious for digestion by the pepsine, will be passed into the intestine and there cause much irritation, part of the mass fermenting and part being expelled unchanged in the discharges.

#### **Mucous or "Slimy" Stools.**

Such discharges point to a catarrhal condition of the gastro-intestinal tract. When accompanied by straining and the passing of blood, with more or less prostration, the lower bowel is affected, and we have the disease known as dysentery. This is a grave disorder, as is seen by the rapid loss of strength accompanying it.

#### **Profuse, Colorless, Watery Stools.**

Very frequent stools of this character indicate the fatal form of disease known as cholera infantum. The diapers are drenched with a colorless fluid having a peculiar but not fæcal odor. The discharges do not consist of altered food, nor are they derived from the intestinal glands. The strange part of this disease is that the intestinal secretions are arrested. The fluid discharged by the bowel consists of the watery part of the blood that drains from the blood-vessels lining the intestine. Hence the fearfully rapid prostration of this disease. Sometimes in a few hours the infant is almost beyond the reach of human aid. In all cases there is a general shrinking of tissue that gives a painfully pinched expression to the baby. The vessels are drained just as much as if a large artery or vein in the arm were opened. Fortunately cholera infantum is a very rare disease. Most cases reported are really severe diarrhœa.

While the various kinds of discharges above given are considered separately in order to make the description clear, one or two varieties are usually found combined. This is owing to the fact that diarrhœa, like many other disorders, is due to a combination of causes. Treatment will be reserved for a future article.





## DOMESTIC REMEDIES.

SOME time ago, in publishing specimens of the many "Household Remedies and Sure Cures" sent us by our readers, we expressed our regret at being unable to adopt, in every instance, such suggestions, which are always offered from the best of motives and often as the result of much experience. We then pointed out that the province of **BABYHOOD** is not to recommend everything which *may* do good, but to select those things which are most certain to do good, least likely to do harm, and most readily obtainable. Since that time we have received so many more letters containing suggestions and recommendations of domestic remedies that we have thought it best to return to the subject; and we now print a number of these communications which appeared most valuable and generally interesting, accompanied by such comment as seems called for.

### Removal of Foreign Bodies from the Eye—A Remedy for Insect Stings.

I was very much interested in Dr. Alice M. Farnham's article in a recent number of **BABYHOOD** on "The Emergencies of Childhood," but would like, if you will allow me, to add one or two small items which a practical mother has tried and found good use in. In her advice headed "Foreign Bodies in the Eye," all Dr. Farnham says is wise and true, but many nervous mothers cannot invert the eyelid of a crying child to thereby extract whatever is giving the pain, and in all probability she is not where she can get a flaxseed, even if she had nerve enough to insert it if obtainable. A very simple help, and one which the child is perfectly willing to submit to—even assisting itself—is to pass the hand over the closed eye several times, always towards the nose; this moves the foreign substance in the same direction that winking does, and the double movement is almost sure to bring out the particle of dust, etc.—the trouble generally being that the child rubs in one direction while the eyelid winks in the other.

The other suggestion which I would offer is in the case of the sting of an insect, such as a bee. Now, this generally takes place during a ramble in the country, when neither tweezers, ammonia, soda, turpentine, lead-water, nor laudanum are likely to

be at hand; but the remedy is close by nevertheless. Take a small handful of mud and bind it over the bite with your handkerchief, and in a twinkling the pain of the sting will be gone. H. W. W.  
*New York.*

The manœuvre of rubbing the eye-lid toward the nose moves the foreign substance toward the tear-duct in the natural direction of the flow of tears usually excited by the substance. We have been told that it is the practice of locomotive engineers, whose occupation makes them particularly liable to cinder in-the-eye, to always rub the *unaffected* eye until the cinder comes out. This is probably based on a recognition of the associated movement of the two eyes, and it avoids direct irritation of the affected eye in case the cinder is too firmly fixed to be easily removed.

The mud application has the authority of ancient use, and the editor's recollection of boyhood confirms its value.

### Various Remedies for Chafing.

I.

Five cents' worth of *Lycopodium* will cure the most obstinate case of chafing. Powder made from tan-bark is excellent. V. T.

*Brooklyn.*

II

My baby girl is now almost four months old; she is very fat, and I have had trouble to keep her from chafing; have tried several different powders—fuller's-earth included—but with no good results. Was recommended to try "browned flour," and the effect of it has been really wonderful, curing immediately.

**BABYHOOD** has often given me good advice, and I thought perhaps some other mother would be benefited by my experience. J. L. T.

*Camden, N. J.*

**BABYHOOD** has often spoken of the value, in cases of chafing, of any bland drying substance. Ordinary baby-powder acts in this way, so does talc, so does fuller's-earth. The above suggestions are in the same line. *Lycopodium* is a fine powder composed of

the sporules of several species of *Lycopodium*, or club moss. They grow in this country, but the gathering of the powder is chiefly done in Switzerland and Germany. It is used as a toilet powder, in pharmacy to prevent pills from sticking together, and, owing to its high inflammability, in fireworks.

Tan-bark, if powdered very finely, will have a similar effect with the addition of the astringency of some tannin, and is less generally applicable than the *Lycopodium*.

Burnt flour is a time-honored household remedy, giving a smooth powder which, by reason of the charring, may have a certain proportion of finely-divided charcoal.

#### Irish Moss as an Article of Food.

Irish moss has occupied such a valuable place in the dietary of my two babies that I am glad to recommend it here. It is nutritious and inexpensive, and is a useful agent in preventing the heavy curd which forms in cow's milk. I have seen it used as a laxative for a baby four weeks old, who was bottle-fed, with the best results, and for older children it makes a pleasant and innocent variety. I make it into a thin jelly by boiling a small quantity of the nicest and whitest in a pint of water. I keep this in a cool place, and by thinning it with a little hot water it is ready at any time to put in the baby's bottle of milk. A little milk-sugar makes it very palatable. The quantity to be used depends, of course, on the thickness of the jelly and the age of the child. Two or three babies of my acquaintance have been brought up upon it in preference to any of the patented foods. M. L.

Hingham, Mass.

This is one of the many forms of mucilaginous substances added to milk, like oatmeal or barley-water, which prevent the formation of hard curds. They also are sometimes laxative.

#### Camphor Oil for Colds.

An excellent oil for anointing throats, chests, and noses when cold has been taken, and which will often break up a slight cold or render a hard one less severe, is made by dissolving camphor gum in sweet-oil until the oil is strongly impregnated with the camphor. It should be warmed and rubbed in thoroughly with the hand X.

Rochester, N. Y.

The favorite domestic remedy, "camphorated oil," is the *Linimentum Camphoræ* of the pharmacopœia, and contains 20 per cent. of camphor and 80 per cent. of cottonseed-oil, the latter being less expensive than pure olive-oil and as useful for the purpose.

#### Aconite for Colds.—Chamomile for Colic.

I was quite delighted to read, in a recent number of *BABYHOOD*, Dr. Walker's instructions regarding the treatment of croupy symptoms. I have often wished to tell the mothers of *BABYHOOD* the experience I've had with aconite in allaying the onset of croup in my little family of three children, which remedy I have used for the last six years. I have always heretofore hesitated about writing, fearing that *BABYHOOD* would not countenance my lay practice; hence my joy in seeing that Dr. Walker upholds our administering the aconite, which I know is a powerful drug and must be cautiously used. I have found in giving one-half drop of aconite three times a day (or the third of a drop if an infant) to a child at the very beginning of a cold, or when one notices the "fit of sneezing, cough, or cold in the head," and one says, "That child will be in for an attack of croup to-night," that before nightfall comes on the symptoms of the cold have nearly disappeared; then by giving one or two more half-drops, according to the severity of the cold taken, after the child has been put to bed and warmly covered up to induce perspiration, the threatened attack passes away as if by magic.

When I have been suddenly awakened in the night by one of the children with croup-like symptoms, so well known to all mothers, I get out my homœopathic tincture of aconite and *spongia* to relieve the hoarseness. I put two drops of each in separate glasses, adding four dessertspoonfuls of water to each glass; each glass I cover over with white paper, having written the name of the tincture upon them. First I administer a dessertspoonful of the preparation of aconite; a quarter of an hour after I give a dessertspoonful of the *spongia* preparation add more covers to the bed, and before an hour has elapsed all the dangerous symptoms have passed, the child breathes easily, drops off to sleep, and breaks into a perspiration. Should he waken before morning I again give a dessertspoonful of either of the preparations, as the predominating symptom may call for—*i.e.*, if the fever should not have passed or the hoarseness still remains. It is wonderful to me how quickly *spongia* dispels hoarseness; when one cannot raise the voice above a whisper, a drop of *spongia* taken every hour, according to the severity of the case, will soon make the voice return.

I wish to add that upon the following day after the croupy attack I have continued to administer the aconite and *spongia* two or three times, and if the symptoms seem likely to recur (which they seldom do, unless the cold is very deeply seated and tends towards bronchitis) I bathe the little feet in mustard water, and put a flannel upon the chest, wrung out in hot water and covered with oil silk, after the child is in bed.

The comfort it is to both mother and child to overcome a cold in this way, instead of the terrible vomiting caused by ipecac, is the reason I have always wanted to let the mothers of *BABYHOOD* know of my home treatment. It may not be amiss to add my infallible cure for colic. My little baby has been very subject to it, in spite of my careful attention to her food. I take one drop of the homœopathic tincture of chamomilla, add three dessertspoonfuls of water, and at once give a dessertspoonful of the mixture; before five or ten minutes have passed the one dose has relieved her, but, if not, another is given. This is excellent, too, for a baby who cries and wants to be in the arms all the time, when one doesn't know "what ails the baby!" As indigestion is generally the trouble, the

little third of a drop of chamomilla carries comfort with it where the comfort belongs.

This amateur homœopathic treatment has been forced upon me in a country where fevers are cured (?) by allowing them to run their course, and my little child was tortured during the hottest month by having a disembowelled pigeon, yet warm, tied over her poor, delicate stomach. Other treatment equally barbaric taught me that I must rely upon myself as much as possible rather than upon the average Spanish physician.

Talencia, Spain.

M. M.

The value of aconite in such conditions as our correspondent describes is well established. We think she is judicious, too, in using it "at the very beginning of a cold," for it is at that time, in our experience, that it is chiefly valuable. Its value is perhaps most evident at the beginning of an ordinary tonsillitis.

*Spongia usta*, or burnt sponge, was formerly considerably used in medicine, its value being chiefly dependent upon the iodides and bromides which remained if the sponge was not over-burnt. Since these salts have been generally employed the crude drug has passed nearly out of use except in the form of homœopathic preparations.

The German chamomile (*Matricaria Chamomilla*) has always been considered an excellent remedy for colic, especially in Germany. It is not the same plant as the common chamomile (*Anthemis nobilis*). Besides its use in the form described above, the flowers may be used as mentioned by the following correspondent.

#### Another Testimony to Chamomile.

To cure colic there is nothing better than German chamomile flowers steeped and given the same as any other herb tea.

Brooklyn.

V. T.

#### A Candy-Pencil for Constipation.

I have used the soap-pencil according to directions, of white castile soap dipped in vaseline. It had the desired effect, but the baby always screamed, and I feel sure that the soap irritated him. While wondering what I could get that would take the place of the pencil, I found that the short pieces of licorice called "cabinet sticks" sugared, held in the mouth a moment, then inserted wholly, worked like a charm and caused no pain. I enclose two so that you can see what they are.

South Windsor, Conn.

C. M. N.

anise and thickly coated with white sugar paste, the whole resembling an ordinary sugared almond. The sugar coating is so thick that it could be held in the mouth for some time before it would be dissolved. We infer, therefore, that it is inserted with the sugar coat on. If so it is simply another way of using the standard domestic remedy of a molasses-candy pencil for constipation.

#### How to Pare an Ingrowing Nail.

No one following these simple directions will suffer from ingrowing nails: Cut the nail square across the top, or, if possible, in a V, as illustrated; scrape the top of the nail from the point of the V back with a sharp knife as thin as comfort will allow, and insert a bit of absorbent cotton or lint under the corners of the nail until the shrinkage where the nail has been pared relieves the pressure of the corners on the flesh of the toe. If nurses and parents were careful always to cut children's toe-nails square across the top, and never to round off the corners, there would be fewer sufferers from this very painful complaint.

Newark, N. J.

E.



This method of cutting the nails is a proper one, and is that employed or directed by surgeons when consulted about ingrowing nails. In place of the V cut, a simple concave cut will do. Unfortunately ingrowing nails sometimes have passed the point where the most judicious paring will cure, and then surgical interference is necessary.

#### Cure of an Umbilical Growth.

The description given by A. E. W., Boston, of the condition of a little nephew, under the head of "Umbilical Growth"—which appeared in the February number—covers exactly the case of our little one at the age of six or eight weeks. Then we tried a very simple remedy: by the advice of the physician we sprinkled upon the growth sulphate of copper. It is a blue powder. I used less than a quarter of a teaspoonful in all. That seemed to dry it up, and a piece came off then. I put on a little more and the rest came off, leaving it looking perfectly natural. Some simple salve may be applied afterwards if there is any soreness; I used cosmoline and oxide of zinc.

East Weymouth, Mass.

M. B.

Sulphate of copper (popularly known as blue vitriol or blue-stone) is a powerful astringent, safe enough when used in accordance with explicit directions of the physician, but not adapted to domestic indiscriminate use. It will not cure all cases of the trouble in question.



## Extemporized Breast-Pumps and Care of the Nipples.

### I.

Some preparatory treatment of the nipples is what every physician advises; and any of the astringent washes, such as brandy, alcohol, and alum, or cologne, whichever agrees best with the delicate texture of the skin, will harden them sufficiently.

In my own case the nipple was not so much depressed, but was small, and only slightly prominent after considerable manipulation; the defect was remedied, however, in a very simple manner.

A long-stemmed common clay pipe was dipped in water and inverted over the nipple, when, by putting the stem in the mouth and drawing the breath as in smoking, with as much suction as could be pleasantly borne, the nipple was drawn out, gradually and gently, a few times each night, after applying the astringent wash. This gave it the proper prominence and shape for nursing. It was also such an invaluable aid after the birth of the baby, in determining when there was milk in the breasts, and to draw off any superfluous supply in case of tendency to gather; and also in the night, when the intervals of nursing are much longer, and the breasts sometimes become uncomfortably distended.

When the bowl of the pipe becomes full the breast can be pressed away from it carefully with the fingers, letting the milk flow out on to a cloth or into a cup for feeding the baby if the nipples are fissured; for the fierce suction of the hungry little mouth gives them no rest, making it impossible to heal them. In my experience and that of others it has been found much pleasanter than to have the breast-pump or the mouth of the nurse applied, while the effort required on the part of the patient is so slight and can be made at discretion. In addition, there is none of that nervousness connected with it, that is worse than the pain, which we wait for another to inflict.

BABYHOOD has made some valuable suggestions in regard to the care of the nipples after confinement, and, by due attention, one need not fear the torture which often comes through ignorance or neglect. Yet in the event of such trouble the above treatment is of great service, and, after the cleansing wash elsewhere prescribed, mutton tallow melted, and applied warm with brush or soft linen, is very soothing. In this locality the colored nurses advise a wash of alum-water instead of any softening application, for a few days after confinement, carefully washing it off before nursing.

Florida.

D.

### II.

I have just heard of a new-fashioned, or rather an extremely old fashioned, breast-pump, and hasten to communicate the "prescription" to you for the benefit of those who may be, like myself, expectant sufferers.

Select a bottle whose mouth will fit snugly over the nipple; heat the bottle in boiling water, wrap a piece of flannel around so as to hold it on the breast, and the milk will flow into the bottle slowly and naturally without a particle of pain. This comes from the northern part of New Hampshire, from an old country doctor.

H. T.

Yonkers, N. Y.

These devices may prove serviceable to those who cannot obtain, or who suffer from the use of, ordinary breast-pumps.

## Cresolene in Whooping-Cough and as a Disinfectant.

May I call the attention of "Anxiety," Chemana, Oregon, to Page's Cresolene, so long advertised in BABYHOOD? I first saw the advertisement in BABYHOOD, and, though it did not perform any miraculous cure, it did give my children sound, healthy sleep every night. This was a great advantage to them and me, worth many times the cost of the cresolene, if the value of sleep can be estimated in money. The first three nights that they coughed none of us slept. The fourth night we began to use cresolene, and they slept from 7 P.M. till 7.30 A.M. They did not have many hard coughing spells, and after they got over whooping-cough they did not cough when they took cold. As they did not lose their sleep, they kept up their strength.

I know of very many other cases in Concord and West Concord in which it was used with satisfactory results in whooping-cough, croup, catarrh, asthma, and other diseases of throat and air-passages. While our children had whooping-cough, a visitor at the house was sick with mumps, and, as the children had kissed and played with her, it seemed as if they must take them. I concluded to take the bull by the horns however, and put the mumps and whooping-cough together, and used the cresolene every night, and they did not contract the disease. As there were ten persons in the house who had never had mumps (I do not mean to suggest that I put ten in one room), and as no one took them, it seemed fair to give cresolene the credit. I believe it will do what it claims, kill disease germs, and I shall not be without it till we have got through scarlet fever, measles, diphtheria, etc.

Perhaps you may not care to print such a recommendation of a patented article, but if BABYHOOD had given me no other help than that one advertisement, I should think it worth more than my three years' subscription.

F. M. UPTON.

West Concord, N. H.

The article alluded to is considerably used by physicians, and the vapor really seems to be beneficial as a disinfectant, and to diminish the dangers of contagion, and also to diminish the severity of some kinds of cough.

### A Paper Suppository.

To induce an action of the bowels immediately, by a gentler means than syringing, use a paper suppository saturated in sweet or castor oil. Make it by rolling up paper as for a lamp-lighter; have it almost pointed at the end and as thick as a slate-pencil (for an infant, and thicker for an older child), saturate it thoroughly and insert it quickly, before the child has time to resist.

A. L.

This is one of the variants of the soap-pencil, the candy-pencil, and other simple suppositories.

### Spirits of Camphor for Mosquito-Bites and Prickly Heat.

At the season of the year when mosquitoes become so plentiful as to make one's life a burden, and to make many an anxious mother wonder whether her dimpled, smooth-faced darling ever will quite



recover from the horrid lumps and bumps that disfigure him from top to toe, it may be of some use to tell of my experience with mosquito-bites and how I cure them.

We had such a siege of mosquitoes during July last summer that we were frequently actually driven in-doors by them. Our little boy, eighteen months of age, was particularly favored by their attentions. We would bring him into the house with great lumps and welts all over his face, hands, and legs, and clamoring for his "keetie-bottie," which he well knew was a cure for his troubles. This bottle—an old French brandy-bottle—contained pure alcohol and half a pound of gum camphor, which dissolves very quickly in the liquid. A finger wrapped in a linen rag and inserted into the bottle, and thus moistened, applied to the worst and most lumpy bite, will take down the swelling, allay the itching and heat, and will soon make every mark of the bite disappear. If the bite is a fresh one and the skin has not been torn by scratching it, the alcohol and camphor feel cooling and pleasant; when the bite has been much scratched the application makes it smart considerably, so the sooner the bite is attended to the better.

Our little one was also, during the heated term, very much troubled with prickly heat. I used to wash him three times a day—arms, legs, and neck, the parts most affected—with this same "keetie bottle" diluted with water (about half and half) and a teaspoonful of powdered borax added. Baby would lie perfectly quiet on the bed and let me rub him with an old linen handkerchief soaked in this lotion, occasionally ejaculating in a contented tone of voice, "Good, good!" After doing this for three days the prickly heat entirely disappeared. I am sure it was in consequence of this washing. Since then we are particular to have our "keetie bottle" always well filled, and are determined to have it always with us when summering in the country; and I am sure that whoever once tries this remedy will agree with me in thinking it quite invaluable for those two unpleasant inflictions—mosquito bites and prickly heat.

Brooklyn,

E. F. H.

This remedy is a very strong spirits of camphor—three or four times the strength of that directed by the pharmacopœia. The power of both camphor and alcohol to allay irritation of the skin is well known.

#### Bran-Water for Constipation.

To those mothers who find condensed milk the most available food for their babies, it may not be unwelcome to know of a remedy for its chief drawback—*i. e.*, a tendency to produce constipation. For the first three or four weeks my baby was fed on the milk of one fresh cow—milk excellent in quality but failing altogether of digestion. After repeatedly trying remedial adjuncts, we gave it up, and tried the "Eagle Brand" of condensed milk. The indigestion at once disappeared, but the equally dreaded difficulty of constipation followed. Then came genuine trouble: long periods between each movement of the bowels, fretfulness and little sleep, and finally, when the desired end was attained by the use of a soap suppository or injection, real misery for the baby.

As I belonged to that ill-starred race of people who board, it was not always convenient for me to prepare oatmeal-water in the general kitchen, and I

cast about in my mind for something less difficult to manage. I determined to try *bran-water*. To three heaping teaspoonfuls of bran I added a small tumbler of cold water, which I allowed to stand a few hours, or, if wanted for immediate use, used hot instead of cold water. After straining it through fine cheese-cloth, I dissolved Baby's usual quantity of condensed milk in it, adding no other water, and gave it to her for each meal until a free and natural movement of the bowels occurred. Now that I have established complete regularity, I only use the bran-water twice a day—namely, for the meal just after her bath and the one following her morning sleep. This brings a comfortable passage between five and six in the evening, and sometimes another early in the morning. Since trying this plan I have had a new baby.

E. S. C.

Newark, Del.

Other readers of BABYHOOD have testified to the value of bran for this purpose as demonstrated by experience. (See especially the letter of H. A. A., Feb., 1887, referring to the article by Dr. Walker in Nov., 1886, in which directions for the use of bran were given.)

#### Flannel Cap for a Cold in the Head.

Will you allow me to tell your readers of a simple cure for a cold in the head? When the baby shows the first symptoms, put a flannel cap on, and let him wear it for two or three days, night and day. When the cold disappears, which it will probably do at the end of that time, the cap may be taken off with perfect safety. Bathe the baby as usual, only taking care to dry the head and hair thoroughly before replacing the cap.

I make the cap of soft, thin flannel, "barn-door"



crown, with a straight front, as illustrated. Have the cap come well down over the ears and back of the head.

I also rub my baby's temples, nose, chest, and throat well with vaseline at night, and always keep the head warm while the cold lasts, as well as the feet and bowels. I have used this remedy with most excellent results, though it is not original with me, but was recommended and used by the elder Dr. Meigs of Philadelphia, with entire success.

A. E. M.

Avon, N. Y.

#### Whiskey and Salt for Perspiration.

The article on "Perspiration" reminds me to tell you how I cured my little girl of "cold sweats." She was a very delicate baby, and during her second summer I often noticed that her skin felt damp and cold; and when the third came round, every night her shirt would be wet through with a cold, clammy perspiration. I spoke to my physician, but, as the child's general health did not appear to suffer, he treated the matter lightly; so, feeling that something ought to be done, I bought a pint of the best whiskey from a reliable druggist,

added one-third water and as much fine rock-salt as would dissolve. With this I rubbed the back and chest of the little one regularly night and morning (sometimes her limbs also), and in a short time had a beneficial result. When cold weather came on I discontinued the treatment, but with the first warm days of the following spring I began again, and after the first year there were no more "cold sweats," though I kept my bottle of salt and whiskey on hand, and used it freely, for three or four years, in the hot weather, and I am convinced it did more good than medicine. I used it as I would a liniment, rubbing thoroughly with the bare hand.

York, Pa.

J. W. M.

This lotion is well known. It is often used for the perspiration of consumption and other debilitating diseases. If the skin is very cold and clammy, and at the same time not irritable, a small amount of red pepper may be also added. There is no advantage in using good—*i. e.*, high-priced—spirits for this purpose; alcohol or common spirits are quite as efficient. The alcohol is the active part.

#### The Value of Okra as a Poultice.

I would like to impart this scrap of knowledge to the readers of *BABYHOOD*, hoping they may be benefited by the information. Okra possesses remarkable properties in allaying inflammation or irritation of the skin caused by injuries, swellings, or external poison. From personal experience I know it to be an excellent remedy, having seen it tried successfully in a very painful sore arm, which was swollen and badly inflamed extending to the shoulder, causing intense pain, and which was supposed to result from the sting of an insect, although the exact cause was not discovered. It had resisted several other kinds of treatment, when the okra was tried, having been cooked until it was reduced to a soft state, and then applied warm, which has a soothing effect. In a short time the swelling decreased and pain subsided, leaving the patient in a comfortable condition, and a few more applications afforded entire relief.

Morristown, N. J.

A. D. A.

The leaves of okra (*Abelmoschus esculentus*) have been long used for poultices, owing to their mucilaginous matter, which is perhaps more abundant in the edible fruit and in the roots. The okra is, however, obtained with too much difficulty in many places to be very generally useful.

#### Olive-Tar for Whooping-Cough.

In a recent number of *BABYHOOD* a mother asks advice in regard to the treating of whooping-cough, to which she feared her children had been exposed. If my experience is too late to be of benefit to her, I hope it may reach others. My three children were attacked with whooping-cough in October, and on the recommendation of a friend I used "Stafford's Olive Tar" in rubbing the throat, chest, and spine,

on undressing the children at night, also the pit of the stomach. Then I gave them three or four drops on a lump of sugar to eat, and, though they coughed very hard at times during the day, I was not up with one of them during the night, although the cough lasted for six weeks. After they recovered the slightest cold would bring back the "whoop," but one application of the tar to the throat, and a few drops taken internally on sugar, would generally effect a cure. Many friends who profited by my experience had equal success.

M. OF F. B.

This remedy belongs to a large group in use for whooping-cough—namely, the embrocations or liniments. Some are standard preparations, some are proprietary mixtures. Their value is supposed to be in their acting as counter-irritants.

#### Glycerine for "Snuffles."

In a recent number of *BABYHOOD* some mother inquired what was a good remedy for "snuffles" in little babies, and if vaseline is as good as anything for cleansing Baby's nose. I have found that vaseline often fills up the air-passages instead of clearing them, and that glycerine and rosewater, in the proportion of one-third glycerine and two thirds rosewater, inserted by means of a little twist of absorbent cotton or a camel's-hair brush, cleanses Baby's head nicely, and will cure "snuffles" in a remarkably short time.

I keep a roll of absorbent cotton in my baby-basket, which is very convenient for washing Baby's mouth, ears, and nose at the regular morning bath. A roll can be purchased at any drug-store for twenty-five cents.

FRANCES F. GLEASON,

Cleveland, O.

#### Cure for Hiccoughs.

Some time ago *BABYHOOD* gave its many readers helps for hiccoughs. The subject may have grown cold, but still I thought my experience with hiccoughs might be of benefit to some who do not know yet how to treat them.

Take a soft cloth or large flannel that will retain heat easily and make it very warm before a register or stove; then, putting Baby's hands on the chest, hold them there gently with the warm cloth, and the hiccoughs will cease. I have found this treatment effective with my large children, and invaluable when they were babies.

If the first application is not effective, warm the cloth a second time and apply again.

M. S. F.

Washington.

Here the well-known anti-spasmodic effect of heat is combined with slight pressure upon the chest-walls.

#### Listerine for Aching Gums.

Bathe the swollen little gums often with Listerine and cold water; proportion, one teaspoonful of the Listerine to half-a-glass of cold water. This has never failed to give relief to the gums of my babies when teething, and I should be glad if it might soothe all the aching gums.

W.

Chicago.

"Listerine" is the trade name of a mixture of antiseptics.



## JUSTICE IN THE HOME.

BY LUCY WHITE PALMER.

ONE incident of my childish days is indelibly imprinted on my mind. Without effort does memory bring before my mental vision a vivid picture of a pleasant dining-room, with its doors and windows open wide to let in the tropical light and air. As the family are gathered at the table, the Chinese cook appears, wrathful, holding aloft a dripping cork.

"What is the matter, Acho?" inquires the mistress.

"This cork—I fin' him stuffee down my sink-spout! Makee him runnee over! No use! Missee Lucy, *he* do it!"

And he points a menacing finger at my four-year-old self. It is a very innocent little self that looks up in astonishment at this unexpected and undeserved accusation.

"Why no, Acho," I exclaim, "I didn't do it, truly!"

I am not an untruthful child, yet on the cook's accusation, unsupported by any evidence, I am summarily sentenced to a dark closet, a dinner of bread and water, and a whipping—first, because I had "been in mischief," and then because I had denied it.

Every time that memory has conjured up this vision, in the years that have passed since it was a present reality, my heart has been stirred with a great pity for that unjustly treated little self, and a burning indignation on her behalf. It was a comfort to me then, and has been ever since, to remember that it was not the dear one who held a mother's place toward me who had thus abused me, but a temporary substitute. I say "abused" me. The good woman would have started back in horror at the harsh term. Yet the worst form of

abuse that one can give a child is to withhold from him a justice as perfect as human liability to error makes possible. Whether or not it is because the child is newly come from its just Creator, and so has its perceptions unblunted, I do not know, but certain it is that a child is peculiarly quick to recognize and to resent injustice. And with equal certainty he will be morally injured by it. There is the evil of it; the present harm done is seldom serious, but a little injustice may be one of the hinges upon which the door of the child's life will open out into a perverted path. Those who stand over children—parents, guardians, teachers—cannot be too careful on this point. Better pass by nine transgressions unpunished than to punish unjustly once. That once may so shake the child's confidence in you that it never will recover its equilibrium. At best it will leave a sore spot which even time will hardly heal.

Sometimes, indeed, since "to err is human," there may be an involuntary injustice. If this is apologized for as soon as discovered, it may be made a bond of closer union between parent and child. *Do not grudge the frank apology when it is due.* Offer it even more promptly to the child than you would in like case to your equal in years. Your dignity will not suffer in his eyes; rather will his respect for you be enhanced, and the courteous justice which you show to him will surely engender the like in him.

One more incident may illustrate another branch of this wide and important subject. In a family of which I know there are two children, a boy of ten and a girl some years younger. The girl rules her brother like a small despot, in which she is supported



by her parents as her prime ministers. "*I want that, Tom,*" is the announcement whenever her brother has a new treasure. It is invariably emphasized by the parental edict, "*Let Totty have it, Tom.*" One instance may serve as a sample of the many: It was the chief ambition of the boys in Tom's set to own bladder footballs. Tom had become possessed of a particularly fine one. With infinite pains he had rubbed it, and filled it, and tied it, and dried it. At last it was finished, and the boy regarded it with fond pride. But alas! "*Totty*" spied it. "*I want that, Tom.*" The usually yielding boy rebelled, but promptly came the word, "*Let Totty have it, Tom!*" With an agony as real as a man could feel over the loss of his earthly all, and far more pathetic, the boy relinquished his treasure, begging the child to "*be careful of it.*" She tossed it about till she was weary of the sport, and then deliberately took up a sharp stone and hacked and crushed the ball to a shapeless mass. Childish malevolence could go no farther. Of the poor boy's heartache our own hearts ache to think.

Yet far more than the child are those parents to blame. That one is totally deprav-

ed, as a parent, who will allow, much less foster, such selfishness and injustice. Justice toward all the children alike, and from each child toward every other one, should be practised and enforced by the parents. "*What's mine is my own; my brother Juan's is his and mine,*" says the Spanish proverb. It is the principle on which many a child is allowed to base his conduct, to the inevitable weakening of the fraternal tie which should be felt in early years, only to strengthen with maturity. The doctrine of *mine and thine* should be taught early. It need not shut out, by any means, the teaching of a generous consideration for others. No tyranny should be tolerated, whether it be the despotism of the elder or the younger, the weaker or the stronger, the boy or the girl. A scrupulous respect for the rights of others should be inculcated, and a proper defence of one's own rights allowed. It is the only way to train up law-abiding citizens, not to mention the better object of developing high-minded Christian men and women. For mercy all may hope, but to justice all have inalienable claim, and all should be taught to render it to others in their turn.



## IMITATIVE MOVEMENTS OF CHILDREN.

BY WILLIAM BUCKINGHAM CANFIELD, A.M., M.D.,

*Visiting Physician to the Union Protestant Infirmary, Baltimore.*

TO attempt to explain and interpret every movement of the infant would indeed be a difficult task. A careful study, however, of its many actions and movements in health and in disease is of use to the thoughtful observer, be it mother, nurse, or physician.

To speak of the infant in health, we notice different actions and movements which are certainly evidences of the existence of a

will, and which may be taken to denote an expression of this will before the child is able to make itself well understood by speech. Of course the power of speech and understanding, or reason, in time supplants this sign-language, as it may be called, of the infant. It is only when some defect in development, or an accident, prevents the sense of speech and hearing from becoming developed, that we have a case in which the



sign-language is the only means of communication. I mean, of course, deaf mutes. When language fails to express one's ideas, then gestures and other such movements must be resorted to. Thus we notice that some nations are more violent and use more gestures in their manner of so-called quiet conversation than others, and this is doubtless due either to the paucity of the language or to the inability of the individual in question to express himself in that language.

#### **Instinctive, Imitative, and Other Movements.**

But in regard to infants we may regard the movements in the following classes: impulsive movements, reflex movements, instinctive movements, imitative movements, expressive movements, and deliberate movements. The impulsive and reflex movements may be dismissed without further notice. Instinctive movements are best observed in the lower animals. Why certain animals carry out certain complicated actions soon after birth can only be explained by saying that these actions are instinctive. Instinct is said to be the inherited memory. The most important instinctive movement of the infant is sucking, which may be considered by some as reflex in character. The imitative actions lay greater claim to our attention. Man is the most imitative of all animals. This may seem a bold statement when we know how skilful many of the lower animals are in imitation and mimicry. This is especially to be seen in our long-tailed cousins of the ape family.

#### **Development of Imitation.**

The infant in its development progresses much more slowly than the lower animals. After the senses of sight, hearing, feeling, taste, etc., are developed to a certain extent, then the fact that the child has a will begins to be apparent, and herein it shows itself superior to the most developed lower animal. As soon as the infant or child begins to imitate we may conclude it has a will; for to be able to imitate it must have a mental impression of what it sees and be able to reproduce this impression. But of

the elements necessary for this process memory and attention are more used than reason. In some cases the act is not an imitative one at all, but simply reflex. Thus an infant in a room or in a railroad car with other infants of about the same age begins to cry and soon all are crying, but in this case we do not believe this is strictly an imitated act.

Truly imitated acts are not noticed earlier than the sixth or seventh month. Almost every child is taught to wave its hand and say "ta-ta," or make some such sound. This is truly an imitative act. The infant or child does not always associate the idea of going out, or of separation from a person, with this action. I have a case in mind in which the child waved its hand as usual on opening the door, and when some one opened and closed a closet-door before it, it was observed to make the same movement. The infant watches the person who waves to it, and at first with stolid face makes no motion itself, and after a few minutes suddenly raises its hands and gives a few quick waves, but it is not until the tenth or twelfth month that it waves the hand responsively and intelligently. Of course some precocious children may do this earlier.

#### **The Part of Memory in Imitation.**

As early as the ninth month infants or children may be taught to play hide-and-seek, but in a very clumsy manner, the infant endeavoring to hide its face behind a handkerchief held in the hands, as it has seen the mother or nurse do. We all know how easily some children are taught to look displeased or disgusted at the smell or sight of unpleasant objects. The child remembers, of course, most easily those acts most frequently repeated, and may, indeed, be conscious of their meaning. It, however, does not show this intelligence in its mechanical or instinctive movements, but simply in the imitative movements. As the child begins to talk the imitative act becomes more frequent, and, indeed, just as it begins to make sounds and before it articulates—that is, in the fifth, sixth, and

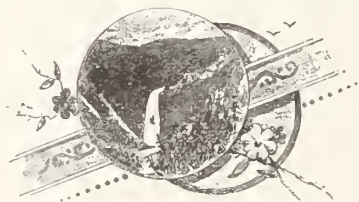
seventh months—it is often taught to imitate certain animals, and can even point to the most familiar ones. Some children before they speak with distinctness have so far cultivated their memory that they can remember, from their picture-books alone, the names of many animals whose names they have only heard repeated a few times.

The older the child the more complicated its imitative acts. How often do we notice a child at play imitating the actions of its elders in such a way that it amounts almost to a caricature. We see young children at play, standing before the mirror combing out long hair in imagination, or pretending to walk over a gutter holding up imaginary trains, or even pretending to read a news-

paper or book, and sitting for minutes at a time with the print upside down in the hands.

#### Dangers of Imitation.

As the child reaches its second year it becomes very observant, and its surroundings, whether good or bad, make a great and lasting impression upon it. At this very time, therefore, the mother should try to have the child with her as much as possible, because it may learn much evil and take on bad habits which are injurious to it. The mischievous effects of the power of imitation in children are sometimes painfully apparent in certain nervous affections, some forms of St. Vitus' dance being attributed to imitation as a cause.



## CHILDREN OF THE FROZEN ZONE.

BY LIEUTENANT J. C. CANTWELL, U. S. NAVY.

WHILE on an exploring expedition through a part of northwestern Alaska, lying entirely within the Arctic Circle, the domestic life and habits of the Esquimaux were always absorbing subjects of interest to me, and perhaps some of these customs may not prove uninteresting to the readers of *BABYHOOD*.

When a girl reaches the age of sixteen years she is accounted of age to marry, and as the males greatly outnumber the females in this country, where the struggle for existence is made against such fearful odds, she does not remain long single, but leaves her father's house to take charge of the *igloo* of her future husband at a very early period of her life. The marriage ceremony is simplicity itself. The prospective bridegroom having settled upon the girl of his choice, goes to her father and makes his wishes known. If the daughter is willing no further ceremony is required to make them man and wife. She goes away with her husband and thenceforward lives in his house. But few separations take place, and then only

when misfortune or bad luck in hunting has made it impossible for the husband to support her. At such times she returns to the care of her father or other relations, taking with her the children, if there are any. Cruelty to the women by the men is unknown among these gentle hyperboreans, and children are treated with the most lavish tenderness and consideration by both parents. From the birth of the little brown, chubby, and jolly-looking tot until it is of an age to take care of itself, no pains are spared to minister to its every whim and caprice.

Childbirth is apparently unattended by any great amount of suffering. A few days before the expected event takes place the mother may be seen down on her hands and knees pounding the earth vigorously with a large stone, under the impression that this sort of exercise tends to lessen the pains of her approaching trial. Massage is employed almost universally to assist nature in the work of delivery. For three weeks after the birth of a child the mother

and infant are isolated in some dark corner of their subterranean houses, and no fresh food is allowed to pass the mother's lips during that period. Under these circumstances it is not strange that large families are rare among the Esquimaux. If the child dies under this heroic treatment the house is at once abandoned, and not entered again for a year. During the summer of 1885



ESQUIMAU DOLL.

I saw an encampment of upward of fifteen hundred natives of the coast and interior of Alaska, who had established themselves on a sand-spit projecting into Hotham Inlet, for the purpose of carrying on trade with each other, precipi-

tately break up the camp and move it further down the beach on account of the death of a child which had taken place at the former camp. The ceremonies attending this *taboo* were interesting and impressive. Fires were lighted, in which portions of the dead child's clothing were consumed. The "Shamans," or medicine men, of the different tribes invoked the spirits of the dead by chanting songs, beating drums, and by a rattling noise made with a stick, upon which hundreds of the bills of the sea-parrot were attached. Finally stakes were driven into the ground, upon which were fixed rudely carved images of the raven and whale.

The clothing of the young Esquimaux is very similar to that of their elders, except that it is made of finer or softer material. During the winter season it consists of a hooded shirt, or *parka*, made of the tanned skin of the mink, ground-squirrel, or tame deer of Siberia, with the fur turned next the skin. Outside of this is a similar *parka* with the fur turned out, and this has in addition a fringe of fur, usually wolf, wolverine, or fox, around the edge of the hood as a protection for the face against flying particles of snow. Trousers are made of tanned hair-seal or deer-skin, the inner pair being short and the outer ones made with foot-covering attached. Socks or inside boots are made of soft tanned buckskin, hair-seal skin, or, in the

case of interior natives, sometimes plaited of grass. During the short summer season children dispense with all clothing except a single *parka*, which is sometimes made of bird-skins, and is worn only as a protection against the mosquitoes, which have a way of making every one's life miserable in this land of ice and snow.

When old enough to amuse themselves the little Esquimaux children are furnished with toys in the shape of miniature spears, bows and arrows, dog-sleds, and snow-shoes for the boys, and dolls for the girls. No little girl is happy unless she has a doll carved out of wood or ivory, and fully dressed in clothing which is an exact copy, in miniature, of her own. She no doubt loves the grotesque little image as fondly as any little civilized girl does the most beautiful wax-and-china creation from Paris.



The Esquimaux are nomadic, seldom remaining more than two months in one part of the country, and as the women perform the greater portion of the labor of transporting the household utensils, supplies, etc., from place to place, the problem of where and how to carry Baby has been solved by tucking him carefully away on the mother's back, under the ample folds of her *parka*. Nothing was so surprising to me at first as to see a little round head sud-



denly pop up in sight over a woman's shoulder, give me a stare of astonishment, and slowly disappear, only to appear again next moment, looking at me as gravely as ever over the other shoulder. The spirit of imitation is strong in even these little ones of the far north. I was greatly amused one day, while visiting a native settlement on the Koowak River, to see a little girl, not more than three years old, whose wail-

ing cries brought her mother quickly to her aid. She had been endeavoring for some time to put an extravagantly ugly doll into the hood of her *parka*, but without success. When her mother did this for her the little thing stopped crying immediately, and trudged away, bending over forward and holding the doll in place on her back in such exact imitation of her mother that it convulsed me with laughter.



## THE FATHERS' PARLIAMENT.

Another "Fool of a Father."

To the Editor of BABYHOOD:

We received our BABYHOOD through the kindness of a very dear friend who presented it to my wife for a Christmas present; and in reading the January issue this evening I note the letter of the "Man who reads BABYHOOD," and I desire to encourage him by saying that he is not the only "fool of a father among you all," and I wish to put my name down on the list right under his, having no doubt there are many others who would do likewise. Our "boy" is not quite two years old, and he is a genuine "boy," and there is no mistake about the "diagnosis" in that respect. His every action shows the "boy." His greatest idols are his "cheu-cheu!" (his tin locomotive), his mamma's sewing-machine, and a book. He calls everything in the shape of machinery a "cheu-cheu," and will sit by the hour and look at a book, an old illustrated catalogue of machinery having far greater attractions for him than the gaudiest "Mother Goose" you could find.

I have never enjoyed the reputation of being an "exceedingly staid and sober young man" like our friend the "Man who reads BABYHOOD," being exactly the reverse; so when I come home at meal-time or in the evening our "preliminary exercises" are similar to those described by our friend, with about fifty per cent. of noise added on account of our baby being a *genuine* "boy," and his father one of the kind who will always "*feel like a boy*." There is no question but that it works great good for us all. It does "mamma" good, after a long day's care of a restless, active child, to sit down and laugh at our antics till sometimes the tears roll down her

cheeks. My business being one of a confining nature, requiring close attention and thought all day long, it is a great relief to me to forget all machinery, employees, and everything else, and be "a boy again" for a few moments; and as for our little one, the frolicking is enjoyed so thoroughly by him that he keeps calling "More! more!" until "papa" is as near out of breath as a man weighing one hundred and eighty-five pounds can be expected to be under the circumstances. He is finally persuaded to be a "bear," as he calls himself when arrayed in his night-clothes, and we put him to bed. The mischief is still in him, though, for when "papa" asks him for a "good-night kiss" he turns his face deep in the pillow and kicks up his heels and laughs as loud as the embraces of the pillow will permit. I then keep very quiet, standing over him, and in a few minutes the laughing will cease, and his head will turn slowly towards me, and one eye will become visible; but as soon as he spies me, as quick as a flash his head turns again and dives deeper and deeper into the pillow. "Well, mamma," say I then, "Baby don't want to kiss papa to-night. I will go down-stairs and read the paper." And I start to walk away. Instantly the little rogue is sitting up in bed, reaching towards me with his face ready for a kiss. As soon as I stop and turn toward him he dives into the pillow again. I start away without saying anything, and up he bobs, but before he can dive down again I have his face in my hands and get the kiss. Once captured, he will then give me all I desire, and after a few more little antics he settles down and is soon in the "land of Nod."

We have started out on this plan of letting



him have a good time with papa, and propose to keep it up all summer. I am old enough to appreciate a great many things that I did not understand as a boy; and while our little one is only two years old, and I may be going too far into the future, still I have promised myself this one thing, and that is that I shall always endeavor to be his "very best friend" as well as a kind father. By entering into all his amusements and showing an interest in his little enterprises I hope to retain his confidence and respect, and have him feel more as if I were his "big brother" than if I were an "old cross-patch of a father who never was a boy and did not know what it is to have fun."

Above all things, we wish to have him feel as he grows older that he can have just as much fun at home as away from it. We do not propose to put a ten-foot fence around the yard, or a chain and ball to his foot, but we will do all in our power to make it so pleasant for him at home that he will not *want* to go elsewhere to play. If, ten years hence, he wants his father to play football, I am going to make the effort if it puts me on crutches. You may think I am looking forward a great many years in the future, but I know of so many boys who have gone, and others who are now going, to the bad, just because they have been driven out of the yard into the street to play, and there made evil associates who have helped them on their downward career, that I cannot refrain from speaking of this great mistake on the part of parents. The sad fate of many a man could be traced back to the time when the parents or sisters told them, when boys, to go out of the yard to play, because they "made too much noise about the house," and thus gave them the opportunity to learn evil ways. Thanking my friend for his letter, I assure him that he can put me down as "another one," and I hope we will hear from more, as I feel sure that there are other fathers in the "same boat."

ANOTHER MAN WHO READS BABYHOOD.

*Louisville, Ky.*

#### The Duty of Counting the Cost.

*To the Editor of BABYHOOD :*

Will you permit a regular reader of BABYHOOD to say through its columns a word of sympathy, not for "walled-in" parents—for whom I feel none—but for "walled-in" children, not a few of whom I have seen cutting each other off from their natural rights by their very numbers? If I could have my own way in everything I should have a very large house, and it

should be well filled with little children. I love babies; one is sitting on my knee as I write this. But children are only very secondarily for the pleasure of parents; they have rights to demand of us, from which no parent can justly permit controllable circumstances even in the shape of new brothers and sisters—to debar them. Like other of your correspondents, I hold that babies are holy guests direct from heaven; but they do not leave that beautiful country uninvited by us. Now, is it right for parents to invite thoughtlessly more of these guests than they can properly entertain? I trust God to provide for our young brood; but—in all reverence I say it—I think I see about how much He is likely to provide for them in the way of money, and by what means. Insurance companies have found out, by observing a certain class of His dealings with men, how many additional years of active life I may reasonably expect Him to grant me; and for me to expect more time in which to bring my children up and provide for them would be, not to trust God, but to fool with Him. I know about what salary He will give me for the work which He has entrusted to my hand; about how much of this can be saved annually; and about what per cent. interest Providence will permit me to make on my investments. How can it be otherwise than wrong for my wife and me to entice down into this world more babies than we can prepare, with the means that Providence is giving us, to meet the responsibilities of the world? It is idle to say that the money of well-to-do parents may prove a detriment to their children, and that the children of the poor sometimes make the most useful citizens. Such cases are exceptional; and prudent parents show that they think them exceptional by their constant efforts to make ample provision for their own children. DISCIPLE OF MALTHUS.

#### A Plea for Fewer Playthings.

*To the Editor of BABYHOOD :*

Our little girl, three-and-a-half years old, managed to extract considerable pleasure from life, with the aid of a rag doll having neither feet nor hands, and a box containing a deck of cards and some red, white, and blue poker-chips. With these she would play and amuse herself for hours at a time, and, when through with them, would return them to the closet, where she would find them when wanted again. But last Christmas she had grown to be a too important member of the family to be overlooked, and, as a result, she acquired from vari-

ous friends and relatives three dolls with silk dresses and "real hair," silk and lace handkerchiefs, cradle for doll, slate, two watches, three books, alphabet-blocks, broom and dustpan, picture-cards, etc., etc. As I had studiously avoided a multiplicity of toys before, I now awaited the inevitable. Through the house began to be heard: "Floy, don't wipe the chairs with that nice handkerchief," or "Don't touch that doll's hair," or "Careful, Floy! you have knocked that lamp off the table," or "Floy, go and pick up those blocks and books in the hall immediately; grandma has just stepped on them and fallen." As she had never before required any ordering, the new régime broke her heart and kept her in tears. It would not do to put any of the toys away, for fear of "hurting the feelings" of uncle, aunt, or cousin. But fortunately time is remedying matters. The doll's carriage has "broke an axle" (which will not be mended soon). One doll is reduced to a pulp under a No. 9 boot; another is scalped and has lost an eye; the other is "put away until she is older." The cradle is a shining example of the "survival of the fittest," having collapsed at both ends and in the middle. A watch collided with the steam-radiator (radiator is unhurt). And gradually she is getting back to her original stock, and at the same time to peace and happiness, which will be attained when the house is no longer littered with needless playthings and resonant with admonitions and wailings. It is not an uncommon experience, but whose is the fault? S.

*Boston.*

### An American Father in Japan on "Shunning Maternity."

*To the Editor of BABYHOOD:*

In a recent number of *BABYHOOD* is an "American Mother's" answer to Dr. Hammond, in which the writer attempts to give excuses for wives who do not wish to become mothers. She urges that education creates a desire in the wife to be the companion of her husband in walks and drives, and in reading and discussing books valued by both. She claims that "fretful, sickly, troublesome children" demand her entire care and attention, and that because of this the husband finds home less attractive. Now, I am an "American father," and I can speak for us husbands on that point. I believe the average man finds that to have little tots run to meet him when he returns from office or work, to have them set the whole house in disorder, even to have them

sometimes pull down his books and papers—I believe he finds such a home more pleasant and attractive than to be met by a prim, formal, old-maid wife. (Don't think I speak disrespectfully of "old maids"—not at all. The only old maid I object to is a married one.) I say it makes home brighter, makes the husband and wife love each other more, and makes them respect themselves more, to have children, than all the walks and drives and favorite reading they may otherwise indulge in. But if the wife is careful and industrious, and the husband kind and thoughtful, even these selfish pleasures may be but slightly interfered with. But I wonder where the "American Mother" found her proof for saying "the great preponderance of women over men makes it an absolute necessity for the former to provide for themselves, and in the struggle for life she arrives at the conclusion that maternity is not what she was especially created for," etc., etc.? Let her examine the records of the last census, 1880, and she will find that in the United States there were then 25,518,820 males and 24,636,963 females—nearly one million more males than females; quite a respectable-sized army of men. In every country more boys are born than girls, but, owing to wars and exposures by sea and land, the number of adults are about equally divided between the two sexes, and every woman *may* have a husband. She says that "America will hardly suffer by any diminution of its population. Every avenue of business is already becoming so crowded that the fight for existence is pitiful," etc. Let us look at our vast plains and new territory, able to support many times our population, and then ask her if she has not made a mistake in calling herself "American" when she is so ignorant of her own country. And has she not made a mistake in calling herself "mother," holding the views she does? *We don't want wives unless they will be mothers to our children, for "lo, children are an heritage of the Lord."*

*Sendai, Japan.*

H. W. S.

### Weighing the Baby.

*To the Editor of BABYHOOD:*

How much does the baby weigh? is almost the first question asked when the news of a baby's arrival is heralded forth; and certainly it is a most important bit of knowledge, for it is the starting point of what should be, I think, a system all through babyhood—a system of regular weighing and recording of the weight.

There is nothing in a visible way, if faithfully and systematically carried out, that will be such a guide and indicate so directly and clearly the ups and downs of health as this system of regular weighing. It is like a registering thermometer, indicating at a glance the state of health of the little one; should the food disagree or fail to nourish properly, the weight will show it at once; if the baby is overfed, the scales will discover it; if sickness is slowly coming on or health is returning, this registering thermometer of systematic weighing will indicate it at a glance.

The accompanying chart indicates and sets forth the system I have adopted for registering weights, and the line as seen is the actual record of my baby for the first twenty-three weeks of her life.

The plan is on the same principle of charts made to show the fluctuations of markets, the changes of temperature and of those also used in cases of severe sickness, and yet it is unique in that it marks the growth of life by time.

The horizontal lines are divided into sections of sixteen, indicating the number of ounces that make a pound; the perpendicular lines are in sections of seven and represent weeks. My system is to weigh the baby every week (usually Sunday) at the same time, on the same day, without clothes, and register the same by carrying the line to the point reached. There is almost always a slight falling off in the weight of a baby in the first week or two of its life, but after that, in a healthy child, if the food is right and the baby is right, this line will begin its upward mark, and in *perfect* health should never point downward, although such a record probably was never secured. The accompanying chart has a depression on the fourth week, owing to indigestion, and again, the eighteenth week, of three ounces, which was the result of

vaccination; at the time of teething further depressions were shown later on.

Now, the uses of this system are these: The doctor is called in and has the facts of progress or otherwise before him at a glance. Does the food agree with the baby? does she gain or lose? Answer by showing him the chart.

Second, it detects the beginning of disease—"prevention is better than cure." If the line takes a downward turn something is wrong; look into it before matters get worse.

Third, it is a chart for reference. In case of subsequent children, and also in comparing progress with others of the same age, many quicksands can be avoided at times where they

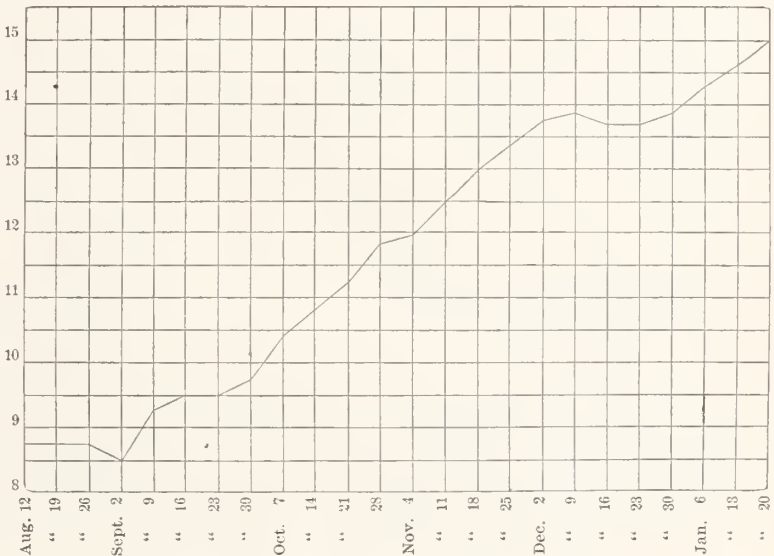


CHART SHOWING WEEKLY INCREASE IN WEIGHT.

appeared before. It is also a good thing to insert at different times along the perpendicular line incidents of interest, such as the first "going out" or the "first tooth," when vaccinated, etc.; such records are invaluable for reference.

I would advise every parent to adopt this system of not only regularly weighing the baby, but of keeping this chart record of the weights; it will be a picture of the ups and downs, a sort of tracery of the baby's journey through the early years of life, until Baby itself can speak and tell all its own troubles.

Boston, Mass. GEO. H. CARPENTER.

[In the reduced facsimile which we print herewith, the horizontal lines indicate half-pounds and the perpendicular ones represent weeks.]

### A Husband's Opinion of "Walled-in" Mothers.

To the Editor of *BABYHOOD* :

I feel somewhat diffident at taking for the first time my seat in Parliament, though said Parliament is formed simply of a "superfluity of fathers." I feel, also, that my pen is not the pen of a ready writer. I have but one claim to a hearing. I shall speak "as one having authority"; and whether, having made my speech, I shall "thereafter hold my peace," depends somewhat upon whether *BABYHOOD* nods approval or consigns me to the waste-paper basket.

I have been much interested in the discussions arising from the article of "Eine Mutter" in a recent number. I think that there is commonly a mistaken idea among women, not alone the maidens but the wives and mothers, that home-life in its sober realities is an accidental occurrence, or the necessary, *unconsidered* result of married life, to the masculine mind. Certainly only one man has written "Reveries of a Bachelor," but many and many a man has his dreams, as honest, romantic, and alluring as had the author of that charming book; so, after all, (pardon my weak pun) he is no "Marvel."

To me it seems strange and sad, nay, more, appalling, that such a subject should really have to be brought under discussion, and I feel frankly indebted to *BABYHOOD* for giving the motherly, wifely women here and there an opportunity to speak in their own good cause and in the cause of their little ones. And now for the father's side. From my soul I pity the man whose home never knows the music of children's voices, but even more I pity the mistress of that home. Rest assured if the husband and father strays away and leaves the mother alone but for her children's society, that that would have been the same even if the babies had not come.

"Baby fingers, waxen touches"

seldom press the father from the mother's breast. To my mind there is no stronger tie between husband and wife, no better corner-stone for the happiness of home, than the God-sent children. There does, indeed, seem to be a premium offered to make the unfortunate babies as rare as possible. One has but to start out once in search of a new home, be it house to rent, flat, or boarding-house, and, next to the small-pox, children seem to be the most undesirable complaint. Clearly this proves them to be unfashionable. How fortunate for *us* that the fashion has not an earlier origin!

One of the points I believe very generally urged against assuming a parent's responsibilities is that we are so extremely uncertain how the child will develop or show forth as a result of our training. Of course there are endless sayings—"As the twig is bent," etc., etc.—that would seem to throw the outcome entirely on our shoulders; but if, working together to the best of their knowledge, the father and mother do not find the result all that heart could wish, should they reproach themselves? They have done what they could—let us hope together, not disjointedly—without really considering; looking ahead and never growing discouraged. If we do not moisten the flowers, first they cease to bloom, then die.

One trait of character children in the household either kill or drag to light, and that is "selfishness." It would seem, to quote again the "Reveries of a Bachelor," "that selfishness would grow faint and dull leaning over to that second self which is the loved one!" But unfortunately it is *not* always so. I do not really think that a man, worthy of a good woman's love, could really either neglect her on account of, or be jealous of her love and devotion to, her children. Such a man would sooner or later weary of the wife herself, and then, doubtless, in his heart would reproach her for the absence of the child-life in the home, if such misfortune had been hers; but it is certainly also true that till Baby came there had been no sign of the monster Selfishness, either from want of time to show it or from some other good cause.

I do think that a word can be said for the fathers, and that word will perhaps answer some of the many grievances, such as "The mother of children never looks as young"; "I have given up my music *now*"; "Read! I never read *now*." Certainly the husband and father has some little claims to the wife and mother. Even in busy households there is almost sure to come an hour or two of happy quiet in the evening. Is it always put to its best use? I would suggest (and I have seen it outside of dreams and reveries) that for that little time the wife, always assuming her to be as prettily or neatly dressed as possible, devote herself a little to her husband, as she did in the careless days of courtship. She may not play a difficult sonata, but the old college songs, and merry tunes have many charms; and we poor, deluded fellows, as we stand by your side and sing, think that you never looked so young or half so fair, and wonder, while perhaps there is a quaver in our own voice, what the secret of your



youth is, as our thoughts stray to the cherubs safely tucked away, and we realize the pain, care, and watchfulness that maternity has demanded of you.

Let the children about us be trained well in home-love, mother-love, father-love. Let the mothers teach the daughters at their knee not to shun maternal duties, not to laugh at them scornfully, but to look forward, when the time may come, to its being one of the noblest, most blessed trusts that God can give them. If our daughters felt more earnestly the duties, cares, and responsibilities that they will have to bear with and for the man they love, married life would reach a far higher standard to-day; we should hear less of its cares, more of its deep and serene happiness.

Just before I vacate my seat in Parliament (provided I have been allowed to sit there) I will refer the mothers who eagerly peruse the pages of *BABYHOOD* to two lines of Coleridge in his poem, "The Three Graves":

"A mother is a mother still,  
The holiest thing alive."

Brooklyn.

FRANKLIN K. PECK.

### A Despairing Wail.

To the Editor of *BABYHOOD*:

Have you any articles in contemplation on the "discipline of children," either now or in the near future? That is a subject in which we are just at present greatly interested, as our oldest child, a little boy nearly three, is just beginning to show signs of what some people might call "total depravity." While naturally a very sweet-dispositioned child, he is sometimes taken with a streak of "pure cussedness" which is hard to overcome; and while we are true believers in the old Scriptural way of bringing up children, if there is any improvement on that way we would like to know it. AN OHIO FATHER.

### A Typical "Terror."

To the Editor of *BABYHOOD*:

For three years my wife has been a subscriber and devoted friend to your most excellent magazine, and we have both been greatly assisted by it in keeping our nearly four-year-old offspring within bounds. To do this, however, is a terrific job, as she is what you may truly call a "Terror." When I enter the door at evening it is my duty to "take care of that Terror,"

according to my orders from the commanding officer, my wife. I assure you it is the hardest work of the day.

I do not believe in chastising a child too often, and scolding is decidedly "N. G." with her, as she simply looks up into my face with a disgusted expression and remarks: "Dere oo go again!" Sometimes she varies the programme by saying: "Wot oo mean about 'at, anyway?" How many fathers (or mothers) can keep a straight face at such an answer?

A word dropped accidentally is picked up to be shot out at some future time when least looked for. Private conversation is entirely out of the question, as a name is remembered, as well as the remark accompanying it. For originality I hardly believe she can be beaten.

A lady friend has her parlor very prettily decorated with handsome Japanese fans. Calling with her mamma one day, she coveted one of those articles, and finally said: "Mamma, I feel awful warm. Fees ax lady for a fan." She got it.

She has two very pretty and playful cats, of which she is exceedingly fond; but she "mauls" the poor things half to death. Her mother scolded her one day, and told her she could not play with the kitties any more, as she "mauled them too much." She immediately replied: "Well, mamma, I won't maul 'em hard—I maul 'em easy!"

I don't write this article to show off her cunning, but to try and give some idea of her excuses and arguments by which she coaxes and teases us into giving up to her wishes. Now, I am not too old to take good advice, and, with a self-willed child to take care of, I am anxious to learn all I possibly can about the government of children; consequently I am a greatly interested reader of *BABYHOOD*.

I notice few, if any, articles from fathers, but I do not know (on second thought) that it is intended for us. It should be, however; for any man who is a father, and is what a father should be, should study just as hard to bring up his children in the right way as the mother does.

I am especially interested in the kindergarten department. Educated in the public schools, I am sorry to say I have seen a very great amount of injury done to the infant mind and morals, and it is my intention never to send any children of mine to those schools; therefore I am studying the system with a great degree of interest.

A BABY-RULED FATHER.

Sauclito, Cal.

## NURSERY PROBLEMS.

**The Preparation of Lime-Water.***To the Editor of BABYHOOD :*

Will you not have the kindness to tell your readers how to make lime-water for babies, and do not allow many poor people to be imposed upon as we were. We paid 60 cents per quart for it for a time, and to our disgust found that the expensive part was the water, for a piece of lime as large as a hen's egg, dropped in a quart of water, is enough to last a year, by pouring on more water.

C. W. H.  
*Fairmont, Minn.*

The directions of the pharmacopœia for preparing lime-water, done into popular language, are as follows: Slake an ounce of quick lime with a small tumbler of water, then add a quart of water. Stir occasionally during half an hour. Allow the mixture to settle, pour off the water and throw it away. To the lime thus washed add, say, nine quarts of water. Stir well, allow the coarser particles to subside, and pour the turbid liquid into a glass-stoppered bottle. Pour off the clear liquid as wanted.

For domestic use one-fourth the quantities directed would be more convenient, thus: One-quarter ounce of quick-lime powdered; three tablespoonfuls of water to slake it, a half-pint of water to wash it, and about five pints of water for the second solution.

**Breaking the "Bottle Habit."***To the Editor of BABYHOOD :*

Will some kind friend tell us how to cure a child of the "bottle habit?" Although nearly four years of age she still clings to her bottle, and if we wish to spend the day or evening out, that bottle has to go along. Is it good for a child of that age to stick to the habit so? We have tried all manner of expedients without avail. Can BABYHOOD help us out?

FATHER.  
*Saucelito, Cal.*

We have seen such cases of late use of the bottle. The habit is of no use to the child, perhaps not a positive detriment to its digestion, but it is a harm to its *morale* to be allowed to dictate to its parents at its age. We have known instances of the parents waiting until the child was old enough to be shamed out of the habit. But there is one simple way, and only one, of breaking the habit—that is to take away the bottle. It will make a trouble for twelve or twenty-four hours, but if the parents do not yield, simply preparing the food and offering it in a glass, at the end of that time it will be taken, sparingly, perhaps, at first, but presently in full quantities. This assumes, of course, that there is no deformity of the mouth, and that the child can drink water. It strengthens the resolve of

yielding parents to break every bottle in the house before beginning the experiment. It is better not to begin than to yield.

**Directions for Preparing Barley-Water.***To the Editor of BABYHOOD :*

I would like to know how barley-water is prepared for the purpose of mixing with milk for an infant.

Worcester, Mass.

A NEW SUBSCRIBER.

Here is one good way to prepare it: Pick over and wash carefully three tablespoonfuls of pearl barley. Cover it with cold water, and let it soak four hours. Put three cupfuls of boiling water into a farina-kettle, and stir into it the barley without draining. Cover the kettle and let the barley cook for an hour and a half. Strain it through a coarse muslin, and salt enough to take off the flat taste. Keep it cool until needed.

**Constipation in a Nursing Baby of Three Months—Weak Eyes.***To the Editor of BABYHOOD :*

(1) Can you suggest something for an obstinate constipation in a nursing baby of three months? I nurse him regularly every three hours and try to keep him regular in all his habits, but he has not had half a-dozen movements since he was a month old without the aid of suppository or enema. I have given him sweet-oil and cod-liver oil with phosphate of lime, besides manipulating his bowels ten or fifteen minutes night and morning before each movement, but nothing seems to help him. He is a strong, healthy-looking boy, weighing fourteen pounds, and is particularly muscular, which makes his trouble seem stranger.

(2) Can you tell me of something to strengthen his eyes? He shrinks from the light, so that he always has to wear a veil out of doors, and his eyes often look slightly inflamed. His father has weak eyes, so that I am more anxious to do something to strengthen his.

A.  
*Kansas City.*

(1) The constipation of young nursing babies is always a most vexatious complaint. The treatment you have used already is very proper. We think the oil and phosphate may be judiciously continued, and we think that enemata containing say a half a teaspoonful to a teaspoonful of glycerine are particularly efficacious.

(2) Such a child should be shown to an oculist.

**Help in Delayed Teething.***To the Editor of BABYHOOD :*

Will you please tell me what to do for my baby, sixteen months old, who has only two teeth? I can see the shape of the upper teeth and for a long time they have seemed to be ready to come. Should they be cut through? She has always seemed well,

is very strong, has walked alone six months, and weighs twenty pounds. I have given her compound syrup of hypophosphites of lime and soda.

Belmont, N. Y.

M. E. A.

The teeth certainly need not be cut unless painful. The delay is due to peculiarities of general health, and just what the fault is it is impossible for us to say. The hypophosphites are useful, and in all probability a careful arrangement of the child's diet would soon start the teeth. For detailed information on this topic see Dr. Holt's article on "The Feeding of Older Infants and Young Children," in *BABYHOOD* No. 28.

#### The Kindergarten Tile—Preparing "Gravy"—Barley-Water and Oatmeal Gruel—Fir-Pillow.

To the Editor of *BABYHOOD*:

(1) In the March number of *BABYHOOD*, page 133, is given an illustration of a tile for kindergarten work. Will you please inform me where such a tile can be found?

(2) In the same number a doctor advises "gravy and egg-yolk" for a child. How is the gravy prepared?

(3) How is barley or oatmeal water prepared?

(4) Where can I procure a balsam-fir pillow?  
Greenview, Illinois, Mrs. W. E. R.

(1) The tile can be bought of Milton Bradley & Co., Springfield, Mass., and probably of all dealers in kindergarten supplies.

(2) "Gravy" means blood-gravy, not a made gravy. The blood that runs as rare meat is cut, or that is squeezed from rare meat with a lemon-squeezer.

(3) See answer to another problem in this number for the barley-water. Oatmeal-gruel can be made in a nearly identical way. But some of the steam-cooked varieties of meal in the market need but little subsequent cooking; just how much you can find out by a little experimenting. If you find a satisfactory brand of meal stick to it, for we know of no common article of diet that varies so greatly in quality. Oatmeal-water for diluting milk can be prepared in haste by taking porridge prepared for breakfast and boiling with water until of the proper consistency.

(4) The fir-pillows are chiefly sold in summer resorts wherever the firs are abundant. The value of these pillows is æsthetic, not medicinal.

#### The Daily Bath—Loss of Appetite.

To the Editor of *BABYHOOD*:

My little girl is nineteen months old and has always been delicate, but lately has had a very fair appetite. She is now cutting her stomach-teeth and seems to have trouble with her eye teeth. Her appetite is poor and she refuses her bottle, which she heretofore took morning and night. I now

give her milk, tea, bread and butter for breakfast, beef or mutton soup and bread at noon, bread and butter in the afternoon, when she will take it. She will not drink milk, and refuses all starchy food, such as farina, rice, etc., or any of the preparations of wheat sold by grocers.

(1) Is it advisable to give her a daily bath? If so, what should be the temperature of the water and how long should she remain in?

(2) Do you think her loss of appetite is owing to her teething?

Philadelphia, Pa.

(1) Yes, unless you see that it fatigues her. Temperature about 95° F. A minute or two, just to rinse the skin, after the washing of places most likely to need it.

(2) Probably.

#### Foods for Child of three Years—Best Brand of Cod-liver Oil—Circumcision—Diluted or Undiluted Cow's Milk.

To the Editor of *BABYHOOD*:

(1) Will you please give a list of foods best for children of about three years.

(2) What do you consider the best make of cod-liver oil for children?

(3) Should boys be circumcised?

(4) Is undiluted cow's milk too rich for a healthy child one year old, just weaned from the breast? I see no ill effect.

Townsend, Mass.

(1) A complete list would be too long to give here. The number for March, 1887, contains an extended article on the subject.

(2) There is no "best make" so far as we know, many manufacturers probably making a very pure oil. A Norwegian oil prepared by Peter Möller has had extensive sale, and is believed to be a pure oil.

(3) If the phimos is a source of annoyance and irritation. We do not believe in it as routine practice.

(4) When a child is first weaned it is generally better to dilute the cow's milk somewhat preparatory to using the pure milk.

#### The Cause of Bow-Legs—Sea Bathing for Young Children.

To the Editor of *BABYHOOD*:

(1) Will you please tell me what causes bow-leggedness in children? Is it ever caused or increased by walking at a very early age, if the child has never been encouraged to get onto its feet, but does so of its own accord?

My little boy, now seven and a half months, has a decided bend in the shin-bones. I am told that all babies have this at birth, but I fear his will not straighten, as he commenced to pull himself up and stand when he was between six and seven months, and has persisted in the practice every day since. I am sure he would walk by this time if he had been helped and encouraged, but my treatment of him has been just the reverse. Is he not too young to bear his weight? He is of light build, and has always been very active and muscular.

(2) I also want to ask how young a child may,



with safety, be taken into a sea-bath?—granting, of course, that the temperature be high enough to make it enjoyable to adults. J. H. H. C.

(1) The cause is rickets, a disease of nutrition manifesting itself in many ways, but notably in the bony system. Standing does increase the curves of the bones. On page 39 of Vol. I. is an article on the subject. The treatment of any particular case depends upon the degree of distortion and upon many other things. Your physician should examine the child and advise you.

(2) Unless sea-bathing is recommended because of feeble health, delay until, at earliest, after two years of age. A child that is too young to have things explained is likely to be alarmed at first, and subsequent bathing is always a source of terror.

#### Care of an Excitable and Nervous Child.

To the Editor of BABYHOOD:

I have a little girl, four years and a half old, who is of a very nervous and excitable temperament. She is a very small and fragile looking child, but has had very little sickness. She is very active and fond of play; she is the sort of a child that is often described as "strung on wires." She has always been very wakeful at night until the past few months, but is quite improved in that respect. At times she is so irritable and fractious that it is almost impossible to control her, while at other times she is particularly sweet and lovable. I am very careful not to let her have articles of food that I think will disagree with her, and let her have as many hours of sleep as possible. Would you advise me to give her medicine of any kind? I have thought of trying a celery compound. I am anxious to prevent her growing up with so excitable a temperament, if possible. If any of the BABYHOOD mothers have had a similar case in their own families, I should be most grateful for the benefit of their experience.

H. K. M.

Such a case demands no medicine except for special illnesses or emergencies. It does, however, demand unlimited patience and care on the part of the mother. The details of such care cannot be entered upon, but a few general hints may be given.

Everything that helps to strengthen her generally will help to calm her. Your care of diet and sleep is right. See also that she has air and sunlight and that the bowels are regular. See that she takes her play with moderation, stopping short of fatigue. Try to stop her playing, not abruptly, but by substituting for it some gentler, less exciting amusement. For instance, a child that is playing too violently may be willing to look at a picture-book or to hear a story told, and presently be quieted enough to be willing to lie down or even sleep. With such a child it is always a battle of maternal tact and patience against the child's

excitability, and often it seems that the mother's nerves were being offered as a vicarious sacrifice for the child's.

#### The Use of a "Spring" or Baby-Jumper.

To the Editor of BABYHOOD:

A friend of mine has offered me a "spring" for my nine-months-old boy. He is not a strong baby, and it is thought that certain muscles would be brought into play by the use of this spring. Can you tell me what I must have besides the spring itself, as that is all my friend has? A certain kind of garment is necessary, he tells me. Not having seen this invention, I am wholly in the dark. Can you give me some suggestions? W. K. P.

Meade Centre, Kansas.

We would advise to not use the spring. A child of nine months, who is not strong, would probably not be benefited by any sort of baby-jumper. The average baby will exercise his leg muscles all he is able to. In our opinion the only use of a baby-jumper is for a very strong child, whose energy the mother desires to have expended in some particular part of her room, in other words, to keep him out of mischief; and even for this purpose we do not like it.

#### Eczema.

To the Editor of BABYHOOD:

Can you name any safe remedy for eczema? The patient is a boy about eight months old, is fed mostly by nursing, weighs 26 pounds, has no teeth, and has had the disease about four months.

Boston, Mass.

SUBSCRIBER.

The treatment of eczema is a complicated matter: that is to say, while some cases yield promptly to simple soothing applications, such as the ordinary ointment of oxide of zinc, others need stimulation; and in the selection of the remedy for the case is the skill of the physician best shown. For this reason we cannot name any remedy that would at once be efficient and safe. A single visit to a physician well acquainted with skin diseases may give you just the remedy your child needs.

#### Condensed Replies to Various Letters.

Subscriber, Montana.—Your troubles briefly

stated are (1) That your fourteen-months-old child, whom you thought cured of umbilical hernia, now shows signs of a return of the protrusion. (2) That he has unaccountable crying-spells at night. (3) That he was left after a cold in such condition that the physician thought he needed iron. (4) That he is getting his stomach teeth. If the compress which you thought satisfactory until you removed it seems still when applied to retain the hernia, its continued use is advisable. At all events some efficient compress should be worn. If the old one is not satisfactory and you can get a good one through some physician or druggist, do so. The circumference of the child's body at the



level of the navel should be taken, and if you can take the shape of the body at the same level by means of a narrow strip of stout sheet-lead, and trace it on a paper, marking the position of the spine and of the navel, it will help in getting a good fit. If you can get nothing you can make something which will be much better than letting alone. The essentials of a home-made truss for umbilical hernia are a pad and a belt. The pad should be of such shape as to press into the navel without distending it. For this purpose we have used half of a musket-ball or a piece of cork of the same shape and size, and better still, perhaps, is a convex button of hard rubber or horn which has a very smooth surface. The projecting hemisphere should be fastened to a piece of sheet-lead or of hard rubber, if you can get it, as large as a dollar or larger. This being applied to the navel, a flannel bandage is put over it. It is best to make holes in the margin of the lead or rubber plate, so that it may be stitched to the bandage. It is to be understood that these domestic advices are not urged as preferable to a well made and well-fitting truss, but as useful substitutes when the former cannot be had. (2) The cause of the fits of crying not being comprehensible to you, we cannot, of course, expect at this distance to solve it. Two or three things which you suggest may be causes. He is often relieved after passing water. Examine and see if the foreskin is very tight, enough to cause delay or difficulty in urinating. If it clearly is so, circumcision or dilatation of the foreskin may give relief. Or it may be that the urine is concentrated and irritating, in which case water given before he goes to sleep may be of benefit. It may also be the very common disturbance of sleep that accompanies the cutting of the teeth, especially the canines, which he is at present engaged in doing. (3) There is very little doubt as to the propriety of continuing the use of iron for a time. There is no "general principle" that we know of that should raise objection to the proper use of iron. Some preparations, not all by any means, of iron damage the teeth, but if it be necessary to give such preparations, the immediate cleansing of the teeth with water, or water

with a little bi-carbonate of soda in it, generally prevents mischief. This is particularly true when the tincture of the chloride of iron (a very useful preparation, but hard on the teeth) is used.

"*A Mother*," *Montrose, Mo.*—For a child whose nutrition is as imperfect as you describe yours to be, we believe that some kind of peptones would be advantageous; either milk prepared with the "peptogenic milk powder" or the "soluble food." In view of your nursing sore mouth we do not think your breast of much advantage to the baby, and if you continue to nurse him, you should use tonics, such as quinine and iron, the chalybeate spring water will serve for the latter.

*Mrs. J. R., Rockford, Ill.*—For such a journey we know of no better food than good condensed milk or Carnrick's food. The question of napkins can be somewhat simplified by having an abundance of cotton batting, pieces of which may be put in place of the inner napkin and thrown away as often as soiled.

*Mrs. W. C. N., Dorchester.*—The condition described, if not already relieved, seems to us one likely to be improved by the use of peptonized milk.

*Mrs. P. A. M., Brooklyn.*—You will probably find something to help you in the article "On Bedwetting" in the April number.

*Mrs. T. S. D., Nyack, N. Y.*—You mention the present diet of the baby, but its retarded nutrition and delayed teething are probably due to something wrong with its past diet and you do not tell us what that was—whether baby was ever nursed or not. Why not let her have for most meals uncondensed milk with a little lalley-water and beef-juice, broth of beef or mutton, without vegetables, of course, once or twice in the day?

*L. M., Soddy, Tenn.*—Your ailment is not one within the scope of BABYHOOD. We may say, however, that the convalescence is always tedious, but the cure will come ultimately. Elastic stockings are more convenient than bandages.

### THREE'S COMPANY.

BY A. J. C.

Two 's company, we used to say  
Before the baby came;  
But now that he has come, you know,  
Things hardly seem the same.

And as I hold him in my arms,  
And hear him softly coo,  
I wonder how we e'er could be  
Quite satisfied with two.

For since his coming brought such joy,  
It surely seems to me,  
Though two is called good company,  
Still better far is three!

## CURRENT TOPICS.

**Deception as a Result of Excessive Cautions.**

We pity the little Bs., our next-door neighbor's children, says the new magazine *Woman*, from the bottom of our heart. There is a picket fence in front of the house, and they are scarcely allowed to go near it lest they should climb and hurt themselves. They cannot climb a tree for the same reason. They may not skate or swim. The consequence of this training is that their parents have made cowards of them all, with the exception of little Bessie, who is the most daring little mischief that ever wore a sun-bonnet, and she has learned to be deceitful and plays all her mad pranks well out of sight of her parents' eyes. We caught her the other day walking the railing of a bridge that crossed the track of a railroad one hundred feet below. The railing was not a foot wide, and she triumphantly tells us that she had walked it while the train was passing under. It was enough to make one shudder. Don't fancy your boy is made of glass. Grant a reasonable request, and let him feel that when you refuse it is for his own good. Between the Jellybys and the Gradgrinds of life children have a hard time of it. The youngest child needs some sort of agreeable occupation and a certain amount of physical freedom. There is nothing more painful to young people than to feel that life is one dull routine, and that "nothing ever happens," as we once heard a disconsolate lad remark.

**The Influence of a Well-Kept Garden.**

Boys will stay at home if they like it, says the *American Garden*, but they want to see the world and ought to. Don't repress the desire. Let the home gardens and grounds be beautiful, and interest the boys in helping to make them so. Make practical demonstrations to the boys that your own town is as good to start in as any other; that good fruit and vegetables are in demand almost everywhere. They don't grow in California without trouble, and in the sterile soils of the East are produced finer qualities than in the tropical luxuriance of the Pacific coast. Don't give the boys all the drudgery to do. Life would not be worth living if we had a tooth drawn every day. Progress in life depends largely on taking advantage of opportunities, which always come unexpectedly, but we are always better prepared for them

when active and busy with trained heads and skilled hands. In no situation of life will a practical knowledge of soil-craft obtained in our own gardens and grounds cause us to lose respect, and it often gives us greater honor.

Take the boys and girls into the garden; it is good for them and good for the garden. No one enjoys the planning and studying how to do the work in the best manner and by the best methods more than the young people, and the benefits are received now and hereafter, both in the garden and in the family. Some boys are worse in a garden than a flock of hens, and in many such cases they have been as carefully excluded as the hens should be. Make the interests of the garden their own and they will become protectors instead of destroyers, producers as well as consumers. Did any one ever know a boy with a garden of his own to rifle his neighbor's gardens, or pilfer their fruit if he had some of his own to care for and enjoy?

The spirit of adventure that so often prompts boys to do these things can be turned to a spirit of industry, by awakening an interest and giving them opportunities of their own. We hope our American girls will never have to hoe corn for a living, but there are many delightful occupations connected with gardening from which they may derive enjoyment or profit, from the first selection of seed to the final gathering and sorting of the produce. If such a high-bred lady, good woman, and careful housekeeper as Martha Washington saw to the packing and preparation of her own fruit and vegetables for market, we are none of us in these ill-mannered times too good or elegant for it.

**Seventeen Years in the Cradle.**

A STRIKING and very sad instance of microcephaly (undeveloped head) is reported from Stockerau, in the environs of Vienna. A girl, Maria Schumann by name, lives there in the cradle, from which she has never moved since her birth on February 15, 1871. She is of sound constitution, but has never outgrown the physical or mental stature of a suckling. She can utter only inarticulate sounds. She has all her teeth, but cannot masticate, and eats only liquid, or at most pulpy, food. She often sleeps two days and two nights at a time, and, having never risen, has never been dressed. Commenting on this case, the London *Lancet* says:

"The proposal sometimes broached to put such monstrosities painlessly out of existence may be the subject of academic discussion, but is manifestly open to objections far too grave to be practically entertained."

#### A French Doctor's Specialty.

THERE died in Leipsic a short time since a doctor said to have been one of the most modest, retiring, and skilful operators known in that important German city. Her name was Frau Emma Friederike Schneider, and her specialty was—*dolls*. She devoted her life and skill to the mending and rejuvenating of these important members of the family, and performed her part with such "incredible dexterity" as to win the gratitude of all Leipsic. A visit to her atelier was one of the sights of the city. Those who were permitted to enter the sacred precincts could only do so standing—chairs, tables, the floor, the walls, in fact every available place was covered with "cripples" of both sexes, boys and girls in rags or entirely without habiliments, that lacked one or both eyes, one or both arms or legs or feet, the "innards," a nose, a wig, or the half or whole of a head, etc., and that were turned out as good as new by the quiet, almost dwarfed little woman, to the delight of the juvenile possessors.

#### Ill-Health and Crime.

DR. ELISHA HARRIS, Corresponding Secretary of the Prison Association of New York, who has made a special study of the criminal classes, says that habitual criminals spring almost exclusively from degenerating stock. Thus physiological unsoundness is moral decay. The inference is obvious, and the remedy for criminality from this source stares us in the face. Hygienic methods of living, which, with judicious medical precautions and care, tend towards the prevention of physical degeneration, will tend in an equal ratio to lessen the number of candidates for criminal careers.

The correctional discipline which is sought after (if not found) in our reformatories and

prisons is not only vastly more expensive, but far less satisfactory, than would be the application of preventive measures.

Prof. Ferris, in a paper on the hygiene of schools, says: "I cannot recall ever having visited a room occupied by forty or fifty pupils that could be said to be properly ventilated; and under the influence of impure air study is irksome and good behavior difficult." Thus in our very schools the seeds of physical deterioration and moral degeneracy are sown in the tender bodies and unresisting minds of these criminals of the future, condemned beforehand—forcordained by their unhealthful, and hence immoral, surroundings to careers of pauperism and crime. For their future detention and safe-keeping living mausoleums are built and officered and maintained at an expense in money but grudgingly supplied for properly constructed school-houses, and at a human sacrifice. The preventive method of dealing with immorality, on the other hand, anticipates the development of the potential offender by effecting ameliorations in public and individual health and by methods of education which include moral training; thus removing many of the predisposing causes of immorality—the development of sound minds in sound bodies yielding the necessary product of well balanced lives.

#### The Naturalness of Childhood.

A CHILD's attractiveness, says the *Sunday-school Times*, is in his being a child. If he seems like a little old man, he is not so attractive as either a real old man or a real child would be. Yet there are parents who are afraid that their children will seem like children in what they say or do; and so they are afraid to let them be themselves in their saying or doing, in their writing a note, or in their expressing their thanks by word of mouth to one who has done them some special favor. The parent who has highest respect for his child's childhood really helps that child to be at his best by permitting him to be his own self in all simplicity.





## HIGH-CHAIR PHILOSOPHY.

LITTLE Allen, twenty-two months old, is standing in the door looking toward the eastern sky about sunset. Something attracts his attention. "Up-a-dar," he says, pointing to the nearly full moon, "Papa's money—dodder" (dollar). A few minutes later he sees the clouds—"cars smoke" is his verdict. We told him the moon and clouds were in the sky. Next morning he went out to see them as soon as breakfast was over. He could see neither and he says: "Sky gone."—*H. E. W., Reedsburg, Wis.*

—A little three-year old noticing a cow one winter morning and observing her breath, said: "Mamma, does the cow smoke?"

A little Kansas boy, while eating oatmeal porridge for breakfast, asked: "Papa, what is oatmeal made of?" Upon being told that it was made from oats, he gazed out of the window with a look upon his face which betokened earnest thought and slowly interrogated: "Then what are coyotes made of?"

Two little boys were out playing—Leslie, three years of age, and Ernest two. After awhile their mamma heard one of them crying piteously, and going in the direction of the sound, found Ernest sitting with his bare feet in the brook having a good time; but Leslie was trying to drag him away, exclaiming: "Ernes' will drown, Ernes' will drown!"

The three-year-old daughter of a country editor was out riding and had her wonder excited by view of a wheel leaning against a fence with a demolished vehicle near by. After a few moments of intense contemplation her mind reverted to the printing-office and its belongings, and she joyously exclaimed: "Papa, man can paste his wheel on, can't he?"—*Alta.*

—Little John was much delighted with the ice-cream and other good things on Christmas Eve. The next Sabbath night he went to church, and he and his brothers had their choice to go home after the sermon, or into the vestry for a prayer-meeting. John's curiosity prompted him to go to the meeting and the older boys returned home. The meeting was very interesting, and John paid such deep attention his mother was much gratified, but when he went home, he exclaimed: "*Boys, you missed the ice-cream,*" and the boys half-believed from his earnest tone that he had the cream.

Little scene at tea-table.—Belle: "Mamma, I know the brown house you looked at is taken." Mamma: "How do you know, Belle?" "Because I saw two bird-cages hanging out." George (six years old): "*Two bird cages! Nothing to eat! Nothing to sleep on! Nothing to sit on! ONLY two b-i-r-d-c-a-g-e-s! How desolate!*"—*Mrs. M. E. B., Lowell, Mass.*



## A USELESS SACRIFICE.

(Featherly has called on Miss Ethel and while waiting for her has been amusing the children for an hour, that she might see what a big, warm heart he had, and how patient and good-natured.)

FEATHERLY.—"Say, Bobby, won't Miss Ethel be down soon?"

BOBBY.—"Oh! I fergot. Ma told me to tell yer that Ethel had gone to the theatre with young Mr. Sampson, and won't be back till after 'leven o'clock. They got engaged last night, you know. Please don't go 'way yet. Stay an' have some more fun."—*Boston Beacon.*



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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IT is encouraging to find the subject of infant feeding receiving more and more careful and conscientious study among medical men, and to know that the number of victims of ignorance and indifference is unquestionably smaller than ever before, and their sufferings more likely to be kept at a minimum. The American Medical Association, at its recent meetings at Cincinnati, devoted an unusual amount of time to the discussion of the subject, and it is a satisfaction to BABYHOOD to note that the conclusions reached were directly in line with the stand always taken by the magazine in its articles upon diet, and especially in its department of "Problems," where the experience of so many anxious parents has been recorded. The decision reached by the Association was as follows: ■

"There is no good substitute for the mother's milk and there is great danger from early weaning. In case of absolute inability of the mother, a wet-nurse should be procured.

"A mixed is preferable to an artificial diet.

"For very young infants, in lieu of mother's or nurse's milk, cream, with barley, rice, or oatmeal water, to which milk, sugar, common salt, phosphate of lime or soda, or lime-water, in small quantities, is added, seems best.

"For older children cow's milk may be used, provided the milk is good and free from bacteria. It should be boiled a long time, and if diluted only pure water should be used. If sugar is added it should be pure milk-sugar, and if wheat flour is used it should be well cooked.

"In the case of using artificial foods, a clinical test should decide in each individual case what is best and when changes should be made.

"The order of preference is mother's milk, nurse's milk, mixed diet, cream foods, milk foods, malted foods."

These conclusions should be well studied and carried in the mind. For some of our

readers the immediate need of them has been outgrown; yet the lessons of experience should not be forgotten, but be made serviceable for friends in need. The prevailing ignorance on this most important of all nursery subjects can only be overcome by the leaven of the influence of those who will take the trouble to keep themselves informed. It should be borne in mind that "mixed diet" means partly natural, partly artificial, not the heterogeneous diet often given to infants.

Self-support in the water is so easily accomplished that children who are old enough to bathe alone in ponds or at the seaside should have the "knack" of it explained until they thoroughly and unmistakably understand it, and have practised it sufficiently, in charge of their elders, to give them a sense of assurance and self-reliance when alone. It is not generally known that a finger laid upon any floating object, like a log, an overturned boat, or even an oar, will sustain the body in smooth water sufficiently for the head to be kept free for breathing and seeing. Many persons are drowned because they exert themselves wildly when thrown into the water suddenly, yet a boat half-filled with water, or with even little more than the gunwales above the surface, will support as many persons as can get their hands on it, if they behave quietly. A person of perfect self-possession, though not knowing how to swim, would in cases of accident stand a much better chance of life by resolving to

remain motionless, with such support, and call until help came, than would an expert swimmer who should "lose his head" and flounder around until his strength was exhausted.

In this, as in many other things, the best way to instruct a little child is by telling a story involving such scenes as it is desired to impress upon the listener, followed later by other stories calculated to reach the same end, until the theory is firmly fixed in the child's mind; then, when opportunities for practical application come, to make the most of them. In no case should a *fear* of the water be allowed to impress itself, except such as is based on the swimmer's own recklessness or carelessness. There is no knowing how soon the occasion may come when parents will be unspeakably thankful for having cultivated a habit of self-possession in their children at an early age. The ability to float on the back, with *no* support, yet keeping the chin above water, is not so easily acquired, yet it is surprising how many boys and girls do acquire it at a very early age. In this, however, much depends upon the size of chest capacity relatively to total weight of the body, as well as the set of the head on the shoulders, and there are some who cannot learn to float.

We have more than once called attention to the poisonous substance, called tyrotoxin, discovered by Prof. Vaughan, of Ann Arbor, which sometimes causes severe poisoning from milk or articles made from it—as, for instance, ice-cream. Very recently Prof. Vaughan read an interesting paper before the section of Pædiatrics of the Academy of Medicine of New York, in which he clearly presented the reasons for believing that at least some of the cases of true cholera infantum are due to the presence of this poison in the digestive canal. Tyrotoxin is not developed in all soured milk, but such milk as receives a special ferment will develop it. Our readers will recall cases which BABYHOOD has cited of

ice-cream and milk poisoning, in which this peculiar poison was found on chemical analysis. Now it happens that the symptoms produced in such cases, or in animals to which the poison is intentionally given, are practically identical with those of true cholera infantum. There are many other links of evidence which make Prof. Vaughan's theory a very probable one. If it is established there is a very fair reason to hope that vigilance as to food-supply may to a great degree prevent this most dreaded of diarrhoeal diseases of infancy.

The Tennessee Board of Health calls attention, in a recent number of its Bulletin, to a curious condition of the egg occasioned by the continuous jostling of prolonged railway travel. It is stated that in many instances eggs that have been subjected to long journeys by rail are found to have the membranes of the yolk and shell adherent by a true inflammatory process. The material of the adhesion is said to be plastic, and similar to that thrown out in the inflammation of serous membranes within the human body—*i.e.*, peritonitis, pleuritis, etc. This, if true, not only seriously impairs the sanitary value of the exported egg as a food, but may render it capable of exciting disease. Further light upon this interesting subject is looked for. At all events eggs should be well cooked, and thorough cooking will doubtless destroy any harmful tendencies that may exist. We mention the subject rather for the information of those who take an interest in food investigations than because we think it a newly discovered danger to the nursery.

Much indiscretion is shown by parents in indiscriminate conversation before children. This is directed, as a rule, over their heads, but while it may escape comprehension it usually does not fail to awaken curiosity. An affectation of mystery of this kind deceives no one, and the usual effect upon the child is to excite wonder, and an effort to put this and that together with a purpose to solve the problem. There is good reason

to think that purity and innocence in the young are often sacrificed through conversation that they were never intended to understand, and which is expressed with such ambiguity as to provoke a natural curiosity. Plain speaking is infinitely preferable. To acknowledge an impropriety of speech by a transparent effort at concealment is much worse than to speak plainly the thought that may be in us, if it should properly be spoken at all.

In the May number of the *Archives of Pediatrics* Dr. A. Jacobi publishes remarks on the giving of medicines to children that are of especial value and pertinency. When it is necessary to do this, he tells us, all excitement must be avoided, as children are nervous and easily apprehensive. "Fear, pain, screaming, and self-defence lead to disturbances of circulation and waste of strength. Preparations for local treatment or the administration of a drug must be made out of sight, and the latter ought not to have an unnecessarily offensive taste. Still, the final termination of the case and the welfare of the patient are the main objects in view, and the choice between a badly-tasting medicine and a fine-looking funeral ought not to be difficult." The actual giving of the medicine often requires considerable skill, and is a task in which there is usually shown more of clumsiness than tact. "Always teach a nurse," adds he, "that a child cannot swallow as long as the spoon is between the teeth; that it is advisable to depress the tongue a brief moment and withdraw the spoon at once, and that now and then a momentary compression of the nose is a good adjuvant."

In another column we recur to the subject of the preservation of milk. As many of our readers know, it is now believed that no fermentation or "spoiling" occurs without the agency of some living organism, and that if these are destroyed and permanently excluded the substance so protected is safe from change. But this doctrine has a wider meaning to our readers than the

simple preservation of the children's food. It may, and probably does, mean that by proper care *much of the serious illness of children in summer may be prevented*. It is too soon to speak decidedly, but there is good reason to suppose that some of the worst of these ailments are directly due to changes in the constitution of articles of food.

The "intelligent compositor" has been held responsible for eliminating the pith from many a joke by "correcting" the manuscript of some paragraph which he could not understand, thereby causing the author to double himself up in unnamable anguish when the printed screed met his eye; and we fear that some such mishap occurred when this criticism was set up in the office of the *London Record*:

"BABYHOOD, an American magazine for young mothers, gives suggestions as to feeding, nursing, and educating the minds and bodies of the inmates of the nursery. Anecdotes are numerous, but have a strong transatlantic flavor, and some of them, we regret to say, something more than border on profanity."

If it was not the intelligent compositor of the *Record*, then the ocean voyage in some mysterious way exerts the same kind of baleful influence on magazines that it does upon some individuals, and a sudden lurch of the ship must in this case have developed a latent leaning toward swear-words previously unsuspected. BABYHOOD'S London edition has received so general a welcome by the English press that the charge of profanity naturally makes us rub our eyes and take a long breath. As every line of BABYHOOD'S proof is carefully read and re-read by a number of responsible persons, the chance of anything "bordering on profanity" being finally passed for insertion in the magazine is so small that we must call upon our esteemed contemporary to give what the lawyers call a "bill of particulars," and name the page and line where the alleged unwholesomeness appears. It was not there when the magazine left these shores, and if any occult metamorphosis goes on afterwards we ought to be informed of it.



## NOSE-BLEED.

BY J. B. BISSELL, M.D.,

*Instructor in Surgery, New York Polyclinic, and Attending Surgeon Bellevue Hospital, Out-door Poor Department.*

**B**LEEDING from the nose in children is not an uncommon event, and, except for the annoyance and inconvenience which it causes, is generally of little importance. It usually ceases of itself. There are cases, however, where the bleeding has been great enough to cause death. Besides this there are times when the flow of blood is so severe as, to say the least, to be extremely disagreeable both to the sufferer and the observers. It is easy to see that such an attack in the case of a child might create great alarm in nervous or excitable relatives, and in case of invalids might do serious damage. It is, therefore, worth while to learn a few simple measures by which we can easily avoid such mischief, and perhaps even save life.

### **Communication between the Nose and the Mouth.**

In order to be able to properly apply these remedies and to know when to use them, it is first necessary to understand something about the causes and sources of the hemorrhage. The cavity of the nose communicates behind by two large openings with the back of the mouth and upper part of the throat. This communication is so free that blood coming from the throat or the back of the mouth may flow into the nose and run out of the nostrils, and, vice versa, blood in the nose may pass backward and below, coming out of the mouth, or, getting against the opening of the wind-pipe, cause choking. When the bleeding is very profuse it may gush from mouth and nostrils.

### **Causes of Bleeding.**

The nasal cavity is lined everywhere by a thick, velvet-like membrane filled with small blood-vessels, and it is from these that the bleeding usually arises. The amount of blood in this tissue is very much increased by congestion or disease. In such case a slight cause, which ordinarily would be of little moment, might excite a prolonged hemorrhage. Sudden, rapid, and powerful beating of the heart from some mental emotion, as joy or fright, would be such a cause. Physical exertion and strain are others. The common habit of picking the nose has, in the above condition, caused a severe loss of blood. The vessels of this tissue may be thin and weak because they have not been properly nourished, the blood being poor in quality, and these structures suffering with the rest of the body. Or there may be too much blood in the general circulation. In this case nose-bleeding to a certain amount is a good thing, the nose acting as a safety-valve and letting out some of the surplus blood, which, if it had no outlet, might, by rupture into or pressure upon some vital part, cause serious trouble or even death. In certain diseases of the heart and liver, nose-bleed is a common and sometimes a dangerous symptom, though in these cases it is often a relief to the circulation and prolongs life. In typhoid fever it occurs early in the disease and often. It is also present in yellow fever and malarial disease. In the later stages of Pott's disease (disease of the bones of the spine) I have seen alarming hemorrhages from this location.



#### **Difference between Local and Constitutional Causes.**

The causes situated in the tissues of the nose itself are most easily appreciated and can be best controlled. The others are constitutional and due usually to some general disease or disturbance of the body. Local causes are those brought about by direct violence to the part, by falls upon the nose or by blows; ulcerations in its inner surface; foreign bodies, as peas or pebbles, etc., which are sometimes pushed in by the child or its playmates. These latter may start up bleeding at once on their introduction, but it usually occurs later after these substances have set up some ulcerative action. Polyps in the nose or any disease of its structures are well-known causes. The stoppage of these hemorrhages, if of alarming nature, or if they recur when the means used in their arrest is taken away, should be regarded only as temporary until a physician is summoned. A few of the symptoms which point to the trouble as being constitutional in its origin, and needing more or less prolonged treatment, are: a pale, waxy look of the skin; repeated attacks of the bleeding without apparent cause; periodicity of such attacks; malaise, with fever and cough; diarrhœa; history, in others of the family, of this tendency to bleed; previous attacks of this trouble in the patient.

#### **Overfulness.**

There is a condition referred to above where early cessation of the hemorrhage, even if rather profuse, might do harm—that is, the condition of plethora or overfulness. The symptoms of this state are redness of the cheeks and forehead, and swelling of the vessels of the temples, tendency to blood-shot eyes, strong pulsation of the arteries as they are seen under the skin and felt at the wrist. The heart-beats are noticed to be very strong; they may even shake the chest. If these children are old enough they complain of throbbing in the head and about the temples, and of headache. Also, they have a sense of warmth and fulness about the head and chest, with

sometimes hemorrhages from other openings of the body. The loss of a certain amount of blood gives relief to all these symptoms, and this class very rarely have to be treated for the excessive flow, although they certainly need general treatment for the plethora.

#### **Simple Remedies.**

The blood-supply to the nose comes in part from arteries which run across the face in such a situation that they can be easily compressed against the bone. The finger, or a finger-shaped pad about two inches long, placed by the side of the nose, extending from the lower border of the upper lip upward, and pressed firmly against the face, will compress these vessels, and, if the bleeding is from tissue supplied by them, will entirely control it. This method can be used early, and, if necessary, again later on. The pressure must be firm and continuous, and the pad must fit into the curvature of the face. This procedure can be done quickly and easily, and is always worth trying. It is most likely to succeed where the flow of blood is profuse, bright red in color, and seems to arise from well forward in the nose. Pressure can be made on both sides of the nostrils, if one side is not enough. Other remedies are a few snuffs of ice-water high up into the nostril—hot water can also be used, but it must be very hot and had better be slowly injected with a Davidson syringe—or an injection of vinegar and water may be tried. Every mother is familiar with the application of a cold brass key to the nape of the neck or cold cloths to the forehead and to the back of the neck. Spirits of turpentine in a hot saucer will give off fumes which, snuffed up the nose, often have a good effect in this bleeding. Tying a string or bandage around the thigh, or the arm close to the shoulder, is of service. An excellent remedy is to have the patient take a hot foot-bath. This is one of the best possible measures from its simplicity, and it rarely fails in all ordinary cases to stop the bleeding; another method is to apply a large mustard-leaf or mustard-plaster to the skin over the right

side of the body in the situation of the liver.

#### A Procedure for Serious Cases.

If these simpler plans have been tried and the hemorrhage still continues, a long plug of linen, shaped like a crayon with a more pointed extremity, after having been dipped in alum-water or vinegar and water, may be pushed gently up the nostril till about an inch of it is out of sight. If the nose still bleeds this is to be removed and a number of pieces of cotton tied to a string, so that they resemble a miniature kite's tail, may be pushed, one after the other, directly backward into the nostril until this place is packed full; the end of the string, with some cotton attached, which still hangs outside, is cut off, leaving an end by which the cotton pledgets may be pulled out. The first piece must be cautiously pushed as far back as possible by means of a slender lead-pencil, round end of hair-pin, or a long match. The cotton may be soaked in alum-water; if handy, in iron drops. If the cotton is not at hand, a long ribbon of linen may be made to answer, carrying one end back as far as possible, but not getting it out into the back of the mouth, and then pushing the rest of the ribbon little by little in after it. This packing may be left in till all dan-

ger of hemorrhage is over or until the doctor comes and takes charge. This procedure requires considerable care and skill. If performed carelessly it may make matters worse instead of better, and ought, therefore, to be reserved until the simpler measures have failed or when life is in immediate danger from loss of blood.

#### Precautions.

The position of the patient during nose-bleed is best recumbent, but it is difficult to keep children lying down at this time. If they sit up they should not bend forward, as that obstructs the descent of blood in the veins of the neck, keeps the head and nose congested, and thus assists the bleeding. The collar or any constricting bands about the neck should be removed or loosened. A change from a sitting to a recumbent posture will often stop the nose-bleed without resort to anything further in the way of treatment. It is strongly advised that, unless the case is urgent, the simpler means of treatment should be tried first, but a knowledge of the means available as above stated will give any one a sense of security in the presence of a most frightful hemorrhage from the nose, knowing that if the necessity arises it can be promptly and efficiently met.



## PUT YOURSELF IN HER PLACE.

BY FANNY GREGORY SANGER.

WHAT the great Irish question is to Gladstone and Victoria, its humble prototype, the nurse question, is to the mothers on this side of the water—a constant perplexity, a troublesome puzzle, a delusion and a snare.

On every side we hear the same story. One complaining mother after another pours a tale of woe into any sympathizing ear. Can it be possible there are no good nurses?

or, high treason though it be to suggest such a thing, may not the fault be on the mothers' side? Are we not too exacting in expecting absolute perfection from a woman, laboring under numberless disadvantages of early training, ignorance, etc., in a capacity we ourselves would but imperfectly fill?

Take the average Irish nurse, as the vast majority belong to that nation. She is an

affectionate, flighty, good-natured, ignorant creature, whose warm heart is immediately engrossed with her little charge, but whose judgment errs as to how to treat him; and here it is the mother's province to guide, direct, instruct; and here, in far too many cases, the mother fails, through indolence or carelessness, or perhaps a decided lack in herself of good sense and judgment, for even mothers are not infallible. We engage a nurse whose references are everything to be desired; we congratulate ourselves on securing a treasure, and we discharge her in a week, disgusted and discouraged.

Do we ever consider the source whence the reference comes? Take a case in point: A lady engaged a nurse. At the appointed time she failed to appear. The deposed incumbent, her Saratoga packed and strapped, is growing impatient. Time passes, and still no nurse. In despair, madam humbles herself to Bridget, who condescends for a consideration to stay another day, and starts out in despair and the pouring rain to hunt up another nurse. She consults the paper, picks out the number easiest to get to, takes a car and arrives at the house, which happens to be that rare bird, a perfectly clean tenement. She rings the bell, and is ushered into the nicest, cleanest little sitting-room imaginable, and is immediately prepossessed. "This is promising!" is the mental exclamation. The applicant appears, and my friend's heart sinks to zero. The woman is a tall, raw-boned, red-faced creature of about thirty-five, clean and neat, with a rather nervous manner, and with very kind eyes, the sole redeeming feature in an otherwise unattractive face. The preliminary answers and questions are all satisfactory. She seems to understand her business, is willing to do almost anything, and the wages asked are surprisingly low. Here again the suspicious creature takes alarm. "Too cheap to be good!" But it is an awful day, the situation is desperate; she reflects a moment, then says:

"Well, I think we may try for a week anyhow. Of course, I must see your former employer. If you will give me her ad-

dress, I shall go there immediately." To her surprise, the woman's face flushes to a mahogany shade, the nervousness visibly increases, and she finally gulps out between breaths that are almost sobs, "I'm—I'm afraid she won't say any good of me."

"Why not, pray?"

"Well—well, I was, I suppose, very uncivil, and when I left, Mrs. T. would not give me a reference on account of—of impudence to her."

Here was a quandary. Strange to say, my friend's prepossession rather grew than lessened at the woman's honesty. Not being a person of half-way measures, she said:

"I shall judge for myself of *that*. But on other matters I must see her. If you will consider yourself engaged to me till the first mail to-morrow morning, I shall send you a postal as to the result. If it says the 'references satisfactory' you must come to me at eleven to-morrow." The woman despondently but gratefully showed my friend out, and afterwards acknowledged she never expected to hear from her again.

Another hour's tramp to an entirely different neighborhood, twenty minutes' wait in a fashionable drawing-room—soaking shoes and wet skirts adding to the trial—and finally Mrs. T. comes down. Mrs. Nurse-hunter states her errand, while Mrs. T. looks the picture of amazement.

"Dear me! It's five months since she left me; strange she should send you here!"

"The woman said she lived with you eleven months; I suppose that is the reason."

"Yes, fully that"; and then she answered affirmatively to a bombardment of the usual questions—honest, sober, industrious, careful, willing, good seamstress, clean, careful and prompt about the children's meals, etc., and "you can always rely on any orders you give her being literally carried out."

"Why did you discharge her?" And then came the awful charge: "For bad temper and insolence. She was perfectly crazy about going out to church, etc., and one

day I thought it had been carried to an extreme, and told her so, and she was so flagrantly impudent I discharged her on the spot."

Thanking Mrs. T., my friend left, determined to judge of the impudence for herself, sent the favorable postal, and the next day the woman arrived, prompt to the second, entered on her duties faithfully, conscientiously; and from that day, eighteen months ago, has proven an invaluable servant.

The children love her devotedly, and their mother has not known such peace since her experience with nurses began. The "awful temper" and "insolence" were simply the natural rebounds of "awful temper" and unjust accusation on the part of her employer, who was afterwards discovered to be a woman of ungovernable passions, who never kept a servant over a month, and yet whose unsupported testimony had kept a faithful creature out of employment for five months, until the heroic woman arrived who had a mind of her own, and acted on it.

The great trouble with us mothers and mistresses of households is capriciousness and a lack of firmness. We overlook a grave fault to-day to unreasonably upbraid a trifle to-morrow. We expect machines in regularity, marvels in cleanliness, Solons in judgment, Jobs in patience, when we ourselves, attempting the same duties, grow peevish, restless, cross, and impatient.

Who has not heard: "Oh, dear! to-morrow is Bridget's Sunday out, and I have to take care of the children." How many mothers look forward with pleasant anticipations to that day? Do not the majority look upon it as a trial of patience, and heave a sigh of relief when the tots are safely stowed for the night, and they know another fortnight must elapse before the trying ordeal is repeated? I wonder if they ever consider that what they find so trying for a few hours is the steady every-day routine of the girl or woman with whom they are ever on the alert to find fault?

Do I hear a clatter of indignant protest, or are some honest women acknowledging

in their hearts the truth of this impeachment? Try it a day for yourself and see how you like it. Get up at six o'clock, wash and dress the children, see to their breakfast, take them for a walk, then keep one eye on them while trying to do the chamber-work. Then comes nap-time. Is this a short respite? Can Mary or Susan settle herself comfortably for an hour of mental improvement, or read a few chapters of a thrilling novel? Oh, no! sewing, mending, a fine flannel or two to wash, a batch of diapers, always a ceaseless round. Then the walk, is that a recreation? Trundling after wilful children, stooping dozens of times to pick up dropped toys, trying to enforce obedience, constant watchfulness. Who can say the average nurse holds a sinecure? Nor can we expect good nurses for poor wages. Women with the requisite patience, judgment, and faithfulness soon find out their value. Nor can we blame them that they require a proper equivalent. A man who endeavors to rise in the world, or a dressmaker who advances in her prices as the demand for her work increases, gains all our commendations for her cleverness; whereas a girl who knows her value and demands higher wages is looked upon as a forward minx, because she will not accept the same niggardly sum an incompetent slattern could command.

"Have you a good nurse?" I was once asked.

"Excellent."

"What do you pay her?"

"Sixteen dollars."

"Good gracious! She ought to be, and only two children to look after, and big ones at that! Why, I have three, the youngest a baby, and I never think of giving over twelve or fourteen. I should be bankrupt!"

I make no comment, but I keep up a "de'il of a thinkin'," like the owl.

Bankrupt over the immense sum, perhaps, of four dollars a month, one dollar a week, fourteen and two-seventh cents a day! A woman, the rich wife of a rich man, attired from bonnet to boot in garments of the costliest style, carrying a lace parasol with a



silver handle representing three or four months' wages. Four dollars, forsooth! to secure an attendant for her precious children whom she can trust, on whom she can depend for a conscientious discharge of her duties!

But, I hear again, even the high-priced ones are not always trustworthy. No, I admit; but great patience, care, watchfulness, and long-suffering, combined with a willingness to pay well and treat a servant like a human being, must conquer in the end.

There are, of course, many mothers whose care and devotion to their children are untiring, who do not require such excellence, because neither child nor nurse is ever long out of the watchful parent's sight; but the majority leave a great deal of the care, and responsibility as well, to the hired attendant, and to such mothers particularly is this article addressed. Let them make up their minds, 1st, to secure a good nurse; 2d, to be willing to give up some luxury to pay for this necessity; 3d, to change, change daily, until the treasure is found, and, 4th, once found to keep her.

They are women like ourselves, subject to the ills that afflict womankind; subject to our feminine foibles, caprices, and weaknesses. Let us try, in consideration of faithful, honest, thoroughly conscientious service, to overlook such trifles as an occasional grumpiness, or a sour face, or a love of gadding, or a fondness for dress, and even a word, or an action, which to our highnesses seems impertinent. Let us grant them a privilege when we can, even though it may entail a sacrifice of some little time on our part; let us leniently regard the more trifling faults; it is sometimes best not to know and see everything, and not to worry a woman into a frenzy by a persistent course of nagging which some women consider essential to keep up their dignity. "A kind word turneth away wrath." Ay, and a kind word and a kind action to an ignorant creature, whose head may err but whose heart does not, is often productive of a great harvest of increased faithfulness and devotion, of an increased willingness to serve and desire to please; and a sincere desire to succeed is tantamount to success.



## DIETETIC TREATMENT OF INDIGESTION AND DIARRHŒA.

BY HENRY DWIGHT CHAPIN, M.D.,

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THE large share that indigestion plays in the production of diarrhœa has been noticed in a previous article. In our treatment of diarrhœa, as well as in its prevention, a good part of our attention must be directed to the nourishment of the infant.

### Dangers from Cow's Milk.

Unfortunately cow's milk is a fluid that very readily undergoes decomposition, par-

ticularly during the heat of summer. Milk is an animal fluid intended by nature to be taken directly from the gland by suckling, and not kept for hours or even days before consumption. For this reason babies upon the breast are not so liable to indigestion and diarrhœa. *The milk does not have time to spoil.* In babies fed in town upon cow's milk there is an interval of twelve, twenty-four, or even more hours, between

the process of milking and the feeding of the infant. During this interval of time, necessarily consumed in handling and transportation, many injurious changes may take place in the milk. In the first place, there is the danger of contamination by various impurities, such as particles of manure during milking, and many other forms of dirt that may find their way into the milk in changing of cans and other necessary manipulations. Then, in transporting the milk over rough country roads, the jolting it receives is very apt to cause an early curdling. If mothers' milk were subjected to such delay and handling, doubtless diarrhœa would often follow its use. Attention has been called to the fact that when calves are fed with milk out of a trough they are liable to contract diarrhœa.

#### **Fermentation of Milk.**

The particular change in milk that renders it unfit for use consists in a process of acid fermentation under the influence of certain germs. By this means lactic acid is produced from fermentation of the sugar of milk and the caseine is thrown down in thick, tough curds. Any impurities finding their way into milk, particularly during warm weather, will hasten and intensify this acidity. When changes of this nature have taken place, the milk naturally becomes very irritating to the delicate digestive apparatus of the young child.

A diarrhœa may be at the start simply a conservative process inaugurated by nature for the purpose of ridding the intestines of a quantity of decomposing milk. Much of the digestive disturbance of bottle-fed infants may be considered as a form of

#### **Milk Poisoning.**

The unfitness of milk for use is generally proportionate to the degree of its acidity. Cows' milk presents a very slight acid reaction shortly after milking, although not noticeable to the taste. When the milk, however, becomes distinctly sour it is said to be "turned," after which it soon curdles as noted above. This change takes place un-

der the action of a ferment somewhat like yeast. A violent thunder-storm may favor such a change, even in comparatively fresh milk.

#### **Tests of Acidity.**

There are two ways by which to determine whether milk has attained acidity enough to render it unfit for use. The first and most reliable method consists in the recognition by taste and smell of the acid state of the fluid. Obviously this practical test can be applied successfully by the mother any hour of the day or night. Another plan consists in dipping blue litmus-paper into the milk to be tested, when, if there is much acidity, the paper will change to a bright red color. Litmus-paper can be obtained at any drug-store. Sometimes milk that has begun to spoil will produce violent symptoms of poisoning. This is due to a substance that has been isolated and given the name of

#### **Tyrotoxicon.**

This highly poisonous agent is occasionally formed in stale milk. It is more apt to be produced when the milk is placed in a partially covered vessel, standing for some time in a warm place. Vomiting and diarrhœa follow its ingestion, with rapid emaciation. The symptoms may be very urgent if the poison is present in large quantity. Various substances manufactured from milk may likewise be tainted with this agent. The acute symptoms of poisoning that sometimes come on after eating cheese or ice-cream, are supposed to be due to tyrotoxicon that has been developed in the milk out of which they are made. Doubtless other poisons may be produced in decomposing milk by the action of different ferments. It is highly important for the health of infants and young children that milk as pure as possible be first obtained and then means be taken to properly preserve it until used, by preventing the formation of germs or destroying them when developed. Cows should be kept clean and in an open pasture where they can get sufficient exercise. In large cities they are sometimes kept in stalls and fed

upon brewers' refuse. Milk thus obtained is always acid and unwholesome. Cows in the country must not be allowed to drink stagnant water, but should be furnished with a plentiful supply of fresh water. There is a popular idea that one cow's milk is better for infants suffering from diarrhœa or indigestion. This is an error, as the average milk from a herd of cows is healthier and more constant in composition than that derived from one cow. The cans in which milk is to be transported should be scalded before use and always kept scrupulously clean. Spring wagons should be employed in carrying milk-cans to the cars or other destination, as jolting or shaking helps to spoil the milk. When the milk is finally in the hands of the consumer every effort must be made to keep it sweet. It has been found that prolonged boiling will destroy all the germs of fermentation. When this has been properly done, milk can be kept sweet for quite an interval of time. This process of destruction of germs, known as sterilizing, is fully described elsewhere in this number. After cow's milk has been thoroughly sterilized and the germs of fermentation thus destroyed, there are other sources of indigestion and diarrhœa in the composition of the milk that must be considered.

#### Comparison of Cow's and Human Milk.

In order to appreciate this fact, it is only necessary to glance at the difference between cow's milk and human milk. One of the principal distinctions is that the former contains a larger proportion of albuminoids, especially caseine, than the latter. Moreover, the caseine, as soon as it reaches the acid stomach, coagulates in thick, tough curds which are much more irritating and indigestible than the loose flocculi of human milk. This is the source of a large proportion of the diarrhœa of infants fed upon cow's milk. Again, human milk contains a larger amount of milk-sugar than cow's milk. With reference to cream, the older analyses made cow's milk much richer in fat than human milk, but some later analy-

ses would appear to reverse this conclusion. Sometimes babies who are not thriving improve on the addition of cream to the nursing-bottle. This does not interest us at present, however, as cream is laxative and should never be given to infants having a diarrhœa. In giving cow's milk, the principal problem is, after reducing the proportion of albuminoids, to prevent or act upon the coagulum in such a way as to split it up into small component parts like human milk. There are two ways of acting upon the caseine to attain this result, the mechanical and the physiological.

#### Attenuants of Caseine.

It is found that certain substances, as oat-meal, barley, gelatine, dextrine, sugar, gum, etc., by being added to cow's milk, act physically as attenuants of the caseine. These substances, in themselves, however, possess qualities that may be either beneficial or injurious to the infant's nutrition. Infants under three or four months can digest only very small quantities of starch, as the salivary and pancreatic glands are then in a rudimentary condition. If they appear to thrive upon starchy food at this time, it is principally from a physical action of the starch upon the caseine of the milk taken with it. Very little of the starch is digested, and its use at this time is always liable to cause trouble of a diarrhœal nature. The cereal grains are probably most used as attenuants. If employed in early infancy for this purpose, the starch should be changed to dextrine. Our choice of the cereal grains must depend upon the condition of the infant. When there is looseness of the bowels, barley, which is deficient in fat, or wheat flour that has been subjected to prolonged heat, will make the best attenuant.

#### Barley-Water.

This makes an exceedingly good diluent of cow's milk, particularly when the bowels are loose. Ordinary pearl barley, procured at a grocery store, can be pulverized in a coffee-grinder. Make a thin gruel by adding a teaspoonful to a cup of water, or stronger if necessary, and strain.

**Boiled Flour.**

Take one or two pounds of ordinary wheat flour and tie it tightly in a bag of cheese-cloth or similar material. The mass is then to be subjected to prolonged boiling. Two or three days are not too long for this process to continue. The boiling need not continue at night, but the kettle can be allowed to stand undisturbed until the fire is renewed in the morning, when the boiling will commence again. After the process is completed the bag can be peeled off and the outer wet zone of flour removed by scraping. The interior of the mass will be hard, brittle, and with a slightly yellowish tinge. It can be grated into fine powder which will consist of starch partially changed into dextrine by the heat. The latter substance does not easily decompose, and is readily taken by the young infant, when unchanged starch would disagree and cause diarrhœa. A thin gruel can be made by the addition of water to the required strength. Many cases of diarrhœa in infancy, due to cow's milk disagreeing, can be entirely relieved by using diluents of barley or wheat-flour gruel as just described. They are as good as and better than most of the prepared infant-foods that are so highly recommended, and can be prepared at a much less expense.

**Physiological Method of Digestion.**

The physiological method of dealing with the caseine consists in peptonizing the milk. A reliable extract of pancreas, through the trypsin, will either completely or partially digest the caseine. If completely done the milk will acquire a disagreeable bitter flavor. By only partially acting upon the caseine it will be coagulated in loose flakes and thus resemble mother's milk. Complete artificial digestion outside of the body is never desirable, for if the normal functional activity of an organ is not exercised it will weaken for want of use. Partial peptonizing of milk is sometimes a very valuable expedient, but as the process requires a little care it had better be done only by the direction and explanation of a physician.

**Proper Dilution of Cow's Milk.**

We have already noticed the fact that the albuminoids are present in much larger proportion in cow's milk than in human milk. It is for this purpose that the former is diluted before being given to infants. Indigestion and diarrhœa frequently result from correct proportions not being observed. The proper dilution of cow's milk is, at birth, three parts of water to one of milk, gradually increasing the strength of the latter, until at the third month equal parts of each may be given and by the sixth month pure milk may sometimes be administered, although it is always well to continue adding a small quantity of water. The term water is here used for convenience and applies to barley-gruel or any other diluent.

**Interval of Feeding.**

A common cause of diarrhœa, particularly in bottle-fed babies, is too frequent feeding. Whenever there is any looseness of the bowels, it is a sign that nourishment should be restricted, as the digestive organs are having trouble with food already taken. It is very probable that diarrhœas would often run a short course if nourishment were withheld for a sufficient length of time at the first. Mothers are sometimes fearful that infants will get too weak from such abstinence, but we should remember that it is the food that is assimilated and *not* that which is taken that nourishes. It is only adding fuel to the fire to put more work upon organs that are already overtaxed. Breast-babies can be fed at somewhat shorter intervals than those hand-fed, as the human milk is assimilated more readily. Babies brought up on the bottle can be fed at intervals of about two and a half hours under the age of three months, and after that time about every three hours. When diarrhœa is present it is better to lengthen these intervals, giving water if the baby is thirsty. If the water is not exceedingly pure it had better be previously boiled.

In some cases of severe diarrhœa and cholera infantum it may be best to stop the administration of milk completely for a day or so. Cases occasionally arise where vom-



iting and purging will follow the administration of milk, no matter how carefully or in what manner prepared. It is obviously necessary in such cases to absolutely interdict its use. Babies can be nourished, during such an interval, upon weak beef-tea, expressed beef-juice, or barley-water. Under this treatment some diarrhœas will yield that obstinately resist any other procedure, as long as milk continues to be given. Such cases can truly be called milk-poisoning, to which allusion has already been made.

#### Quantity of Nourishment.

Artificially fed babies are not only apt to be fed too often, but in too large quantity. If the stomach is much distended not only will a part of its contents be vomited, but the remainder will undergo incomplete digestion and hence possibly cause a diarrhœa. The capacity of an infant's stomach is about one and a half ounces under six weeks, two and a half ounces at three months, and four and a half to five ounces from the third to the tenth month. Two tablespoonfuls of fluid may be considered a rough estimate of an ounce. It is thus seen that an ordinary nursing-bottle full of milk contains too much bulk of nourishment for a young baby. Particularly when there is diarrhœa, great care must be taken not to put more into the stomach than it can well hold. Infants are apt to be greedy, and because they wish to continue suckling it does not follow that they have not had sufficient.

#### Condensed Milk.

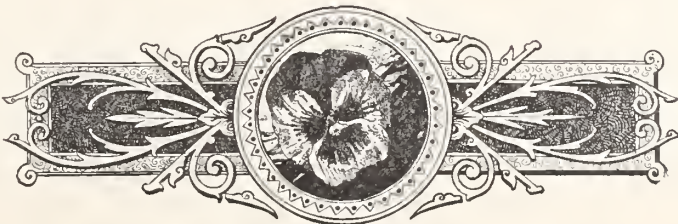
Condensed milk is ordinary milk in which about seventy-five per cent. of the water has been driven off by evaporation and some

sugar added to preserve it. In diarrhœa it is theoretically undesirable on account of the large amount of sugar. Canned condensed milk is especially objectionable from the excessive amount of sugar that it contains. Babies may thrive on fresh condensed milk properly diluted, but if they contract a diarrhœa that is not speedily checked, a change of diet had better be tried.

#### Care of the Nursing-Bottle.

The nursing-bottle and nipple may be considered responsible for many diarrhœas. The slightest impurity that remains from a previous feeding will be sufficient to spoil the new meal. After use the bottle and nipple must be promptly scalded and the latter cleaned with a brush. Both may then be placed in clean water, to which a little baking soda has been added. A number of bottles should be in every one's possession, so that they may not be constantly in use. Every few days subject the bottles to prolonged boiling in a kettle. The nipple must have two small holes in the sides of the extremity. These holes should be so small that when the bottle is inverted no milk will flow out. Generally there is a large hole in the centre that allows the milk to rush in a steady stream directly down the child's throat. Nipples should be purchased without holes; the latter can be made, as above suggested, at home.

If germs of fermentation be destroyed in cow's milk, the caseine properly diluted and otherwise acted upon, the milk given in proper time and amount, and scrupulous cleanliness be observed in connection with nursing-bottles, the diarrhœa of infants will often be readily controlled.





## AMUSEMENTS WHICH DO NOT AMUSE.

BY MARY E. ALLERBRIGHT.

MRS. DORRANCE stood at a window, watching her little five-year-old Margie as she bounded home from an afternoon visit at Wilfred Clark's. The Clarks were new-comers, and Margie, after distantly surveying a pretty boy, of about her own age, for several days, had concluded to make a first call. "Well, dear," said her mother, after her various wraps were disposed of, "did you have a nice time?" She looked sober for a minute, and then answered slowly, "Yes, I think so; Wilfred has 'bout a roomful of playthings, but he doesn't seem to *preciate* them much"; then added, as she went contentedly to her old but much-loved dolls, "I'm glad I haven't so many." Wise Margie! she felt instinctively what some older than she have learned from a bitter experience, that too much pleasure defeats itself.

In these glad times, when fathers and mothers are more and more coming to live with the children, when Babydom is strengthening her forces, and beginning to assert herself among the "powers that be," is there not danger of mental and moral dyspepsia from the use of too much sweet? In other words, is the multiplication of toys, sight-seeing, parties, and story-books a good thing for our children?

The originality, skill, and science displayed in the nineteenth-century toys would have amazed our great-grandmothers, and would have struck Aladdin himself dumb with admiration. Enter a toy-store in a large city. You could spend a day there, and if you are looking for a birthday present

for some boy or girl you are confused and bewildered. At Christmas-time the scenes there are like fairyland. Thoughtful lovers of children cannot help asking, "Is this dazzling display of frail and costly articles a benefit to our little ones? Do their vivid imaginations and delicate nerves need such a stimulus? and more than all, is there not danger that with a selfish pleasure in seeing their happiness, we rob them of that child's inheritance, a keen relish for the simplest joys of life?"

In the line of books and pictures there is also much to be said. Who of the "grown-ups" do not enjoy the Kate Greenaway pictures with their droll figures, the beautiful art books, the Mother Goose melodies in modern dress, the bright stories and funny rhymes? Then, the Christmas, birthday, and advertising cards! The little folks go to Sunday-school, and come home with a picture-paper. Every one has a scrap-book with more than enough to fill it. Even the walls of the nursery are covered with cards, often pinned there by little fingers. "Of making many books—and pictures—there is no end!"

There seems to have come, in these latter days, a rebound from the follies and extravagances which characterized the children's parties of a few years ago. The gloves, fancy dresses, boy and girl flirtations and late suppers, which used to scandalize the more sober-minded guardians of American children, have met with the condemnation which is their due. The "New Gospel" prevails and such things are no

longer fashionable. Now our birthday invitations are given "from three to six o'clock." We are very careful as to our bill of fare—we provide "cambric tea" for the little guests. In these parties the "many playthings" come into requisition. The little host or hostess brings them all out, and has generally more than enough to go around. Yet too often disparaging remarks are made by some child of larger possessions, and the next morning the play-room presents the appearance of an unlucky city after a siege.

Now, not to appear misanthropic, nor to ignore the educating power which these modern advantages have in themselves, can we not evolve some theory or system for their use, and save our babies, and perhaps *their* babies, from an untimely *ennui*? Take it in the matter of toys. During the winter months the younger children often spend much of the time in the house. Their restless little minds and bodies demand "something to do." The busy, or perhaps pleasure-loving, mother resorts to a toy-store, and purchases a short freedom from fretfulness and teasing with a tin horse or a train of cars. In a few days the horse has gone lame, the cars are off the track, and Charlie resumes his old question, "Mamma, what shall I play?"

It is evident that the trouble is not the fault of the children, but comes from a natural law of their being. They feel within themselves the beginnings of powers which demand action. Their little brains want to think and to plan, just as their hearts instinctively love. Let these hungry wants be fed, and they are happy. In the selection of toys their adaptation to this end needs to be considered. A genuine boy will be far happier with a chest of "real" tools than with a picture-puzzle. With the latter he can indeed use his brains to discover what some one else has planned, but with hammer and nails, saw and plane, he can originate. A little girl is much more pleased with a doll whose wardrobe she has made with her own clumsy little fingers than with a ready-made doll, however finely gotten

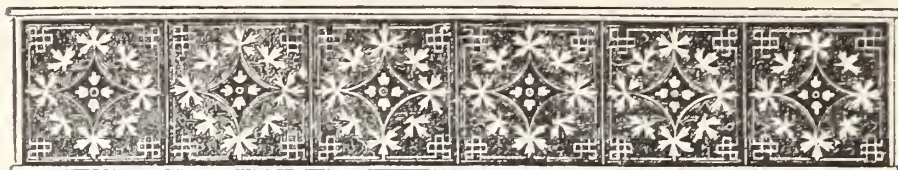
up. A work-basket fitted up with scissors, thimble, thread, and needles is one of her greatest treasures.

It is probable that just here more than one mother will exclaim: "Well, my boy and girl have these very things, with many others in the same line; but they do not use them, they are thrown aside with the rest." This brings us to a difficulty which may account for much of the trouble. The majority of children, while easily interested, will not follow out their natural inclinations without help. The possibilities which we see so plainly in the games and practical toys are lost to them. It is for the fathers and mothers and older sisters to spare a little time from their own engrossing pursuits to lead the little ones out into the broad fields, and open their eyes to the wonders in them. Has the reader ever tried the experiment of sitting down with the little ones among the playthings and picture-books, and giving herself up for a short time to an actual enjoyment of them with the children? A half hour spent in this way will not be regretted.

Help the little girls to play at housekeeping and "mother." Mimic, if you like, your own petty cares and domestic vexations, and in adding variety to their play you may take the sting out of your own trials. Interest yourself in your boy's attempt at carpentering or drawing or paper-cutting. You can teach patience and perseverance at the same time, without his knowing it. Show the children the beauties of the cards and picture-books. Admire them and be careful of them yourself, and they will learn to prize them. And be assured that in the love and confidence of the children you will find a reward entirely disproportionate to the little time and trouble given for their happiness.

Dear mothers, shall we give up this matter entirely to the kindergartens, or shall we supplement their work with a joyous, contented home-life, of which we shall be the centre? We must do this if we would not lose our highest place in the hearts and memories of our children.





## THE STERILIZATION OF MILK.

BY LEROY M. YALE, M.D.

**D**R. A. CAILLÉ recently read a paper before the N. Y. Academy of Medicine upon "Sterilized Milk," a subject which has been repeatedly alluded to in these columns, but which richly deserves fuller treatment. We presume our readers are familiar with the use of the word sterilized as meaning deprived of living germs. Milk can be sterilized for a considerable time by exposing it to the temperature of boiling water for fifteen or twenty minutes. The exact time that it will remain sweet depends upon the method of sterilization employed. That described by Dr. Caillé was devised by Dr. Soxhlet, of Munich, who prepared a special and not expensive apparatus for household use. By its employment it is claimed that milk may be kept entirely sweet from four to six weeks. The process is as follows, as given by Dr. Caillé :

"Ten bottles are filled with milk to within half an inch of the neck. Into each bottle a perforated rubber stopple is pressed. The bottles are placed in a tray, which is set in a pot of water. After the water has come to a boil, and expansion has taken place, glass stopples are pressed into the perforated rubber stopples, thus hermetically sealing each bottle. The milk remains in the boiling water fifteen to twenty minutes longer, and is for that length of time under pressure in a temperature of 212° F., which is sufficient to destroy all germ life."

When it is desired to use the milk, the bottle is placed in hot water until its contents are warm, the stopper is removed, an ordinary nipple attached, and the whole is ready for use. When not needed milk prepared in this way should be kept on ice upside down, in small bottles tightly corked.

Dr. J. A. Jeffries, of Boston, publishes in the *American Journal of Medical Sciences* the results of many experiments in the sterilization of milk and infant foods. His experiments grew out of his difficulties in

getting proper milk for his dispensary out-patients. He says :

"I have since undertaken to devise some way by which milk can be practically sterilized—to lay down a rule applicable in any house, by any ordinary nurse."

The apparatus he employed is so simple that we reproduce his cut. The rules he suggests are two.

(1) "Stopper the flasks with cotton-wool and heat them in an oven for thirty minutes at a mild baking heat, or until the wool becomes brown.

(2) "Pour the requisite quantity of food into the flask, and then place in the heated steamer for fifteen minutes."

The first rule is an advantage and easily carried out, but not of great importance. It is to ensure a preliminary sterilization of the vessel, and makes the subsequent sterilization of the milk more certain. The second is both easily complied with and goes to the root of the subject. Any cooking steamer with a perforated false bottom and a snug cover will do, or the lower part of a Chamberlin's steamer. The heat must be sufficient to keep the water in active ebullition. The steamer recommended should be sixteen inches high, eight, or better twelve, inches across the bottom. Within should be a projecting rim four inches from the bottom, upon which should rest a plate perforated with numerous holes a half-inch in diameter. The cover should be tight to keep in the steam and keep out the air. The bottles or flasks are to be placed as near the middle





of the diaphragm as possible, the cover put on snugly, and the whole left to steam for fifteen minutes at least, enough heat being applied to generate abundance of steam. The flasks are then taken out and put in a cool place—on ice preferably—and before using they are to be heated until the milk reaches blood heat. In the cut the flask is shown stopped with cotton-wool. The sterilization is more perfect if the water is boiling before the bottles are put into the steamer, as a rapid change of temperature is found to be more destructive to organisms than a slower one. Steaming does not change the qualities of milk in the same degree as does boiling.

Dr. Jeffries found that steaming twice, say on successive days, made a more complete sterilization than a single steaming. The greater part of the milk steamed but once showed signs of change within a month, while of those twice steamed but few changed at all. It is evident, however, that a single steaming will be sufficient for domestic purposes, except when the milk is prepared for very protracted journeys, as for prolonged sea-voyages, for instance. It is very important that the milk should be steamed as soon as received; milk dispensed in cities being at best many hours old. All of this process of sterilization may be totally unnecessary in the country near a supply of milk which is well cared for. But in very hot

weather or in the weather such as is characteristic of dog days, when changes in milk are rapid, this resource of insuring for the baby as wholesome food as is provided for his parents should not be forgotten.

Dr. Caillé's paper refers to the investigations of Lister and Escherich showing that in the cow's udder and in the female breast normal milk is aseptic—*i. e.*, free from any poisonous or deleterious property, and quotes from Soxhlet's article as follows:

"During the process of milking particles of manure and other forms of dirt get into the milk, and during transportation and general handling fermentation sets in, so that much of our milk is really unfit for consumption before it gets into the hands of the consumer—*i. e.*, into the stomachs of infants and children. Mother's milk, on the contrary, is taken directly, and would undoubtedly be equally contaminated and frequently injurious to infants if it suffered the same manipulation as cow's milk."

And he quotes the well-known fact that calves fed on milk from a trough frequently suffer from diarrhœa. He recommends, therefore, that all milk for children should be sterilized, and that this is especially necessary for those children who are deprived of breast-milk. In his opinion it should also be administered to children suffering from diarrhœa or convalescent from exhausting or wasting diseases, and in cases where milk is not tolerated that is boiled in the ordinary way. To those who are travelling it furnishes a most useful and necessary food.



## THE MOTHERS' PARLIAMENT.

### Injury to the Eyes from Veils.

To the Editor of BABYHOOD:

I was forcibly reminded of your sensible magazine yesterday as I crossed the New Jersey ferry and watched a mother try to stop the worrying of a poor little baby whom she was torturing by keeping its little face covered with one of those abominations, a white Shetland veil! Whenever the little one succeeded in

getting its mouth and eyes uncovered for a few moments it would quietly watch the passengers and breathe in the pure air from the river, but presently down would come the veil and the screaming would again begin. If young mothers only realized the harm done to their children's eyes by keeping over them these thick white meshes they would tremble at their own folly. I have heard it said by the late Dr. Ag-

new that if dotted black lace veils went out of fashion half his business would cease. If, then, a grown person's eyes can be so injured by the thin gauze texture of a lace veil, fancy the cruelty of covering a baby's face and eyes with a thick white (the worst color for eyes) worsted veil.

*New York City.*

MATERFAMILIAS.

#### A Voice from Mexico on the Doll Question.

*To the Editor of BABYHOOD :*

As one of the BABYHOOD mothers I wish to make a vigorous protest against the "Baneful Influence of the Doll," as quoted from Miss Willard in the March number of your magazine.

We all recognize that lady's ability in her own province, but what mother will admit that that province extends to the nursery? Who can enter fully into the feeling of a child towards her doll except the mother who has rocked her own baby in her arms?

In the first place, I deny that the doll with "bespangled robes" is what a real child cares for. Being presented with one of these objects by her bachelor uncle or maiden aunt, how many days would pass before that same doll could be seen attired in the child's own garments, or a towel, a tidy, or an old shawl?

Little Bertha, three years old, trots around with "Mary Christmas" wrapped in her small *rebozo*, just as the Mexican mothers carry their babies. She puts her in bed when I lay Margarita in her hammock, and then we come away softly, and leave our "children" to sleep. "Mary Christmas" sits in her chair at prayers, she often occupies Baby's high chair at the table, sleeps closely wrapped in Bertha's arms, and I regard her as a member of the family. I object to her being called "wretched" and "heathenish."

If Miss Willard has no *real* children among her acquaintance, let her read of Esther Summerson in her lonely room, clasping her "dear, faithful dolly" to her heart; of Trip and her rag dollies in Gail Hamilton's charming stories; of Pussy Willow playing under the big tree with Bose and the clothes-pin baby; of Trotty and his "Jerusalem," and she will see the kind of dolls that the majority of children love. It is something to cuddle in the arms and "mother," and serves the same end be it a rag baby, a crook-neck squash, a rolled-up shawl, or a wax doll.

Granted that children are often dressed in garments ridiculously fussy and fine, and sent out with their showy dolls to walk or drive in the public parks, but is it the poor *doll* by whom

they are "drilled into the lust of the eye and the pride of life," or the injudicious and vain mother?

SARA B. HOWLAND.

*Guadalajara, Mexico.*

#### Wheeling the Baby's Carriage.

*To the Editor of BABYHOOD :*

"We moved out of town, so that I could wheel the baby's perambulator myself," said a young mother last winter; and at first it sounded weakly proud to me, but on due consideration I believe it strikes a new chord on the city-babyhood theme. It does, after all, take a great deal of strength of character to push a baby-carriage through the file of caps and aprons that monopolize the sunny sidewalks of the city; for no one is quite so insolent as the becaped being who sniffs and sneers at the uncapped lady who crosses her path. But it becomes a question of "Shall the baby suffer a physical wrong, or the mother only a pride-prick?" I have a neighbor who lives in a very pretty apartment in the vicinity of Central Park. Like many young people in New York who must live in a flat, she keeps but one servant; yet of that one servant she expects all the housework and care of her three-months-old baby. This common Irish servant has to bathe and dress the little creature, and at night, when the mother is at the theatre or other place of amusement, this girl has the whole care of it. Once, or at most twice, a week, when the washing, ironing, and sweeping is over, the baby is taken out by this same girl. To do more for her own baby would be beneath the mother. She looks upon me, I have no doubt, as in some sort a crank or a socialist, because I prefer to take care of my own baby instead of giving her into the hands of a young maid-of-all-work. To wheel a perambulator is, she thinks, as degrading as to roll a wheel-barrow. If possible, it is indeed much easier for young married people to live out of the city—that is, unless they have means to live as perhaps their circle of friends do; but if they must live in the city, I do not think any mother who has her baby's interest at heart ought to hesitate to brave all the inconvenience and discomforts of wheeling the perambulator herself. She will find that those whose opinion she values will think not less of her.

*New York City.*

#### Fastening Down Projecting Ears.

*To the Editor of BABYHOOD :*

In a recent number of BABYHOOD is a paragraph entitled, "Fastening Down Projecting

Ears." May I suggest that a cap worn at night until the child is about a year old is very helpful to the babies' ears? Some babies' ears have stiffness sufficient to keep their proper position, if only care is used to see that the ears are in proper place when laying the child down asleep. Others have ears so soft that they fold forward with the turning of the head upon the pillow, and remain in that position perhaps hours at a time. The cap prevents this during the night, and in my experience has proved sufficient.

A MOTHER OF SEVEN.

#### A Question for the "American Mother."

To the Editor of BABYHOOD:

I should like to ask the "American Mother," whose letter on "Shunning Maternity" you published in a recent number of BABYHOOD, whether, in speaking of giving up reading, driving with her husband, etc., etc., she was not thinking more of herself than of her husband. My first baby came to our home in the first year of our marriage, and I had to forego many plans of church work and reading in which I had expected to help my husband as a clergyman's wife in a large city congregation. An elderly lady said to me: "My dear, all this was your work. Our Father never makes mistakes, and He has other work for you to do. What can be a higher and nobler calling than to be entrusted with the charge of a soul to train for eternity?" Since then I have found much to learn from my babies that books of knowledge never taught to me, for they are wonderful educators to us.

If we are willing to spend less time and work on Baby's dress, and not grow old fretting over failures and unimportant troubles (perhaps many of them imaginary), we will find more time for self-improvement and continue to be "companions to our husbands." Surely a loving husband knows what a mother must sacrifice for her children, and seeing her accept the self-denial gratefully and gracefully will make him more anxious that she shall not lose his companionship, and he will love her with even more devotion.

By and by the babies will be men and women, and oh! how happy to have our declining years sweetened by the care and attention of those who look upon mother as the best friend they ever had.

One has said the three sweetest words are "mother, home, and heaven." What a privilege to be a link in such a chain!

E. B.

St. John, N. B.

#### Mid-day and Extra Morning Naps.

To the Editor of BABYHOOD:

I was much interested in the article in regard to Baby's sleep, and suppose I am under condemnation for giving up the mid-day nap. My little boy, now nearly three years old, has been without a nap for months; not that he might sleep late in the morning, for he has always been an early riser, but he sleeps more without it than with it, and has had the best part of the day to go out of doors.

When he takes a nap, he is usually awake until eight o'clock at night; without one he is almost always asleep at six o'clock, often before; occasionally goes to sleep while he is eating his supper. He is very seldom fretful before bed-time, though he often shows by his flushed cheeks that he is very tired. He very seldom sleeps after six in the morning, is often awake at five or half-past five, and is taken up soon after waking.

It seems to me just as selfish to keep a child in bed in the morning, after he is wide awake, that the parent may rest, as it is to keep him up at night when he is tired and fretful. It is far better that the parents should take their rest at night, when it will do them the most good. When a child wakens in the morning he is rested, ready to begin another day's work; his whole being rebels at the thought of keeping still. Legs, arms, and tongue are in constant motion, and very few children, I think, will keep themselves covered in the morning if left to themselves.

A child needs food soon after waking. If my own little boy waits very long for his breakfast, he is almost invariably cross until his hunger is satisfied, and I have noticed the same thing in other children. In one family in particular where the breakfast is very late Sunday mornings, the children are almost always in a snarl, but after breakfast good nature returns.

But there is a greater objection still in the foul air of the sleeping-room. A child should not be kept where he must breathe over and over the impurities thrown off during the night, unless we wish to poison his system, spoil his appetite, make him pale and listless, tired in the morning when he should be fresh and full of life. Into the fresh air as soon as possible should be our motto, to help on health, strength, and good nature. "The children are always up in the morning when they are small, but as soon as they are old enough to do anything they lie in bed," I have heard mother say. May it not be because of the example set before them

that they have not been taught to rise immediately upon waking? It seems to me that the extra morning nap is more loss than gain to both parents and children.

F. B. A.

*Southbridge, Mass.*

### Prompt Cure of Crying Spells.

*To the Editor of BABYHOOD:*

The May number of your welcome magazine has just been read, and I feel particularly interested in the letter from "M. M. H.," of Philadelphia. Perhaps my experience may be of some help to her. I feel firmly convinced that babies understand far more than we think, and a little firmness in breaking bad habits, or, better still, care in preventing their formation, will give the tired mothers their much-needed rest. In some way our little daughter had fallen into the way of crying out at night for attention of some kind. By turns we walked the floor, resorted to the "full bottle," as does "M. M. H.," or administered water. Baby's mother was in ill-health, and her papa had the whole charge of his little girl at night. Often he was aroused as many as ten times before morning. From a man of robust figure he was declining to an appearance of invalidism, and his nights had become just so many hours of torture.

After many weeks, when Baby was eight months old, mamma came to the conclusion

that habit and nothing else was at the root of the whole matter. Accordingly she resolved upon prompt and decided action. She sent papa to another room and prepared for a sleepless night. At the first awakening there was a crying-spell about half an hour long, and mamma stood out of sight and kept perfectly quiet. The next one was shorter, and when she found that we paid no attention to her, Baby concluded to go to sleep. The next night completely broke up the bad habit, and not one night since has our sleep been disturbed. Baby is now sixteen months old. Two months ago she weighed forty pounds. She has two naps during the day, and sleeps eleven or twelve hours at night in a dark room in a bed alone, while we are in an adjoining room.

We have been particularly careful about her diet, which consists solely of graham and oatmeal crackers (two pounds a week) and two quarts of milk per day, all of which she digests perfectly. She walked at eleven months of age, has now twelve teeth, and the lower canines are nearly through, but not one sick day has she had, although the last six came through in six weeks. If a child is perfectly well a little letting alone and a few crying-spells do no harm. It is a trial to the tender-hearted parents, I admit, but in the end it is better for all.

*Bridgport, Conn.*

C. H. A. B.

## THE LITTLE PANTHEIST.

[*A True Incident.*]

BY M. L.

"AND can you tell how good God is,  
How large and strong and wise?"  
The preacher kissed the earnest mouth,  
And sweet, untroubled eyes.

"Dear little girl, no one can know;  
We only see a part.  
God's greatness is in everything,  
His love in your own heart.

"The sea and mountains speak to us  
Of mighty strength and power,  
We find God in the woods and brooks  
And in the tiniest flower.

"All things, true, good and beautiful,  
Are parts which we may see,  
With childish, human hearts and eyes,  
Of God's infinity."

Before the day had passed away  
There came a man whose face—  
A benediction in itself—  
Smiled at the child's fair grace.

"I'll go and tell papa you're here,"  
The little maiden said  
As lightly she ran up the stairs  
Which to the study led.

And lest papa should fail to know  
His caller unawares,  
She softly whispered in his ear:  
"The whole of God's down-stairs."





## NURSERY OBSERVATIONS.

**Children's Ideas of Time.**—How can we give a young child a clear idea of time—past and future?

Our little Ethel, three-and-a-half years old, asked her mother one day, "Where do the other days go to?" and she was told "Into the past." A day or two after, as she was at lunch, she asked the same question again and got the same answer. "What is the past, mamma?" she said. "O Ethel, dear!" her mamma said, "the other days go *behind* you." All this her papa did not know about. One morning soon after, Ethel went down-stairs to eat her breakfast with her papa, before mamma and the sisters came down. "Papa," she said, fixing her big blue eyes earnestly on him, as she sat in her chair with her back toward the door into the hall—"Papa, mamma said the other days went behind me, and I went and looked in the hall, and I couldn't find them." This papa couldn't understand until inquiry brought out the explanations which her mamma had attempted. Ethel's sister Edith (who is two years older) has learned the order and succession of days, months, and seasons, and explains to Ethel that every day that passes will come back next year. "For," she argues, "will not the sixth of March come after the fifth of March next year?"

Ethel's latest way of explaining a day of the past is, that such a thing happened such a day, "that went away from now." Can we clear it up any better?—*F. B. S., Brooklyn, N. Y.*

**A Baby's First Words.**—It seems to me that the first words of both my two boys (besides "mamma") were rather unusual. The youngest, who is nine-and-a-half months old, surprised us the other day by answering the jocose query, "Did you sleep well?" with the very distinct affirmation, "I did." He has since repeated these words, both in response to the same question and of his own accord, dozens of times, and his parents are very proud of his accomplishment, although they do not claim that he is fully conscious of the meaning of what he says. Baby's brother at about the same age hit upon "tick-tack" as a good word to start the English language with, following it up with "drum,"

uttered with a peculiarly rolling sound which seemed to imitate the noise of the instrument that was the delight of his baby days.—*P., New Jersey.*

**The Different Dispositions of Two Devoted Little Brothers.**—Probably every mother who sits down to write for BABYHOOD does so with hesitation, feeling that the dear little sayings and doings of her babies are far more remarkable in her eyes than in those of strangers. But is it not true that with the first dawn of motherhood *all* children have a new interest to us, and may we not write as we would in family letters, to report the progress of the little ones and compare notes with others?

We have in our home two very devoted little brothers, Baby Louis, who will be two years old in April, and Sam, nearly four-and-a-half years old. Sam is as sensitive and timid as a little girl, and will sit down for hours with his kindergarten sewing or dissected pictures, while Louis is absolutely fearless, bubbling over with mischief—equally ready to kiss and hug, and to seize the corner of a table-cover and "clear the table" without a moment's notice. He says "*nice little Sam*" in the gentlest tone one moment, and the next plants his fingers in his brother's hair and pulls it vigorously. Although the little brother took Sam's place in the crib by mamma's bed, thus banishing Sam to the nursery for ten months, and soon began overturning block-houses and air-castles very dear to Sam's heart, the devotion of the older brother has been, from the first, very sweet to see. He named Louis "little bless-his-heart-y-love" when he was but a few months old, and would come running to our door as soon as he woke in the morning, to ask if "Little Bright Eyes" were awake. He asked one day, "Mamma, what did we *ever* do without *Cunning*?" One night at bedtime, after kissing all the family good-night, and starting for bed with his nurse, he ran back and threw both arms around the baby, saying, "*Dood* night, my wittle budder; I *don't* bear to go to bed." When out for a drive one day he asked the nurse, who was holding the baby, "Marie, will oo change seats with me? The window is open on oor side,

and if it should rain, the rain would come right on Louis." It was a bright, clear day, but the protecting air of the big brother was no less sweet to see because the danger was imaginary. His darling was to be warm and dry, at whatever risk to himself. Some friend remarked that Sam's little face was singularly happy in a picture of the two boys taken together, and the reply was "Of tourse I was happy, 'tause Louis' turls touched my face." "Dearie Love" is another of his pet names for the baby, and when asked one day "How does your little brother look? Tell me about him," he replied, "He looks just like a angel!" When talking of the child Jesus he asked, "Didn't he ever do wrong, even when he was a baby, mamma?" "No." "Then he was just like Louis." I found him one day picking out the brightest pennies from his little barrel-bank and putting them into a gay little box. When I inquired what he was going to do with them he said, "I thought it was time we were saving pennies for little Precious." It was his great delight last summer to "dress the baby up" with pannies, drawing the long stems through the open-work of his little cap and dress. Some one suggested to Sam that a good way to cure Baby of pulling his hair would be to pull back once, so Louis would know how it feels. He replied in amazement, "Oh! I wouldn't do it for the world." These mischievous little hands of Baby Louis are our great study now. We have found that tying them together is only a source of amusement to him, while to Sam it would be a dreadful punishment. A sudden, thorough "spanking" is the most effective cure we have found. Our hearts were quite touched a few evenings ago, when Louis was ill, and I was carrying him about to quiet him. He fixed his big blue eyes on me and said softly, "Louis naughty boy; pulls hair, throws blocks."—*M. L. H., New Haven, Conn.*

**Instances of Remarkable Memory.**—The account given in a recent number of the phenomenal memory of the Elmira baby tempts me to tell your readers about our oldest boy, now two years and two months old. He also remembers a great deal about our last summer's stay in the country, and months after our return surprised us by mentioning all sorts of animals, flowers, people, and occurrences connected with our summering. He knows over thirty different songs, in German and English, word for word; and on turning over the pictures is able to repeat all the contents of one German and one English book of nursery rhymes, and all only

from having them repeated for his entertainment, not in order to impress them on his memory. We try to keep him back and on no account wish to cram him. But his great forte is remembering localities. At the age of twenty-three months he went out with his mamma and in some way or other stumbled and fell, getting himself extremely dusty, the vigorous brushing mamma was obliged to give him with her handkerchief evidently making a great impression. The other day—nearly three months afterwards—his mamma took him through the same street in his perambulator, and on coming to the identical spot on which the accident happened he turned and said to her "Here Arthur fell."

After our return from the country, last September, his mamma relegated her duties of taking Arthur out to other members of the family for a while. Grandpa took him out walking frequently, and usually to a street called Grace Court, which runs down to the water, and where a double row of elms gives abundant shade and at the same time furnishes Arthur with switches. One sunny day between Christmas and New Year's, when the streets were foot-deep with snow, mamma rode Arthur out, and incidentally passed this street, which he had not seen since the end of September, and on crossing it Arthur looked down towards the water and ecstatically called out, "Gay Cou't, Gay Cou't; g'anpa and Arthur pick up whips."

One other instance. He has an aunt who resides at a distance and whom he rarely sees, but who is nevertheless a great favorite. Auntie calling one day as mamma and Arthur were just starting on their daily constitutional, she joined them, and walked with them up Henry Street for some distance and then turned down a side street. He looked longingly after her till he could see her no longer, and then turned his attention to other objects of interest. Several weeks after mamma took him up Henry Street again, and as he was wheeled across Carrol Street he pointed down it and said, "Auntie went down there."—*X. X.*

As devoted aunts, as well as mothers, are so frequently allowed to speak through the columns of *BABYHOOD*, I would like to tell something of my little niece, that to me seems remarkable. When our *Harper's Magazine* for November, 1886, came, we were all interested in the opening article on "The Literary Movement in New York," which is illustrated with fifteen pictures of prominent authors. The baby is always interested in looking at

whatever new books or papers we have, and so probably different members of the family showed her this, several times, although never with an idea of teaching her their names. At that time she was a month under two years old. A few weeks after this the baby was looking at a book, and, pointing to a picture, said, "Who's that, mamma?" Her mother, without looking, said, "John Burroughs"; but the baby insisted that it was not, and finally began to cry and said, "No, no, mamma. John Burroughs is in another magazine." Then she brought the right one, found the right picture, and went through the entire article, pointing to the different faces and giving the name of each. She could give them in any order, back to front, or skipping around as we pointed to Eggleston, Nordhoff, Boyesen, or Ilabberton. Her favorite, though, was John Burroughs, and to him she has always been faithful, insisting upon being told over and over again about him and his writings. The magazine was put away after a time, but when brought out after nearly three months, to convince a sceptical uncle of the child's memory, neither faces nor names had been forgotten. I consider this an example of memory worthy of notice, and doubt whether many persons of mature intellect, entirely unable to read, could be shown who could go through the list as she did.—*An Aunt, Lancaster, Wis.*

**Going to Dreamland.**—I would like to tell mothers who read BABYHOOD of one of the "helps on the way" for us. Ray and Lyle quite dreaded going to bed at any time, but especially for the after-dinner nap that they have always had, until they began fancying they were to go on the cars to dreamland, and now as soon as they finish dinner, and get hands and face washed, we begin imitating an engine letting-off steam. Away they run for the bed, each one trying to get there first. It is quite funny to hear Lyle call out, "Whoa, cars; I'm going to dreamland, too."—*C. B. M.*

**Sensitiveness and Self-Restraint.**—A recent letter in BABYHOOD reminds me of an experience of mine which shows how sensitive a child's spirit may be. Gertrude has always been a particularly sociable baby, not afraid of any one—a fact which proceeded, I suppose, from her being my companion so much, and seeing nearly all my friends, as I kept no nurse for her. One day, not many weeks ago, a gentleman was calling, and Gertrude was in the room. She exerted all her pretty wiles to elicit a word or look of kindness, such as in all her life she had never been denied; but the gentleman, not

being a lover of children, took no notice. From that day she has been extremely shy, and shrinks away when spoken to by persons whom she does not know well; whereas before she always responded prettily and was as entertaining as possible.

Apropos of self-control, a certain kind has been taught her—namely, that of self-restraint from crying. My method has always been to take her falls and bumps cheerfully, talking to her about the floor or chair against which she hurt herself. Consequently she never cries, unless she is severely hurt, and then only as long as the hard pain lasts. Sometimes she has looked up with a frightened air from a fall, and, seeing me smiling at her, the fright has vanished from her face and she has smiled herself; while, one day, when she was slightly hurt, the condolences of a mistaken friend nearly set her crying. I think this method has gone far to prevent the formation of a habit of crying.—*C., Meran, Tyrol.*

**A Crowing Baby.**—I read in BABYHOOD of whistling babies, but has any one a little girl not yet eight months old that can crow like a cock? Mine gives sometimes six or seven crows in succession by drawing in her breath, and has evidently studied out the method herself from hearing papa crow to amuse her. She often does it twenty or more times in one afternoon.—*M. I. G., Lugano, Switzerland.*

**Conscientious, yet Inclined to Tell Falsehoods.**—Our elder child, a girl four years of age, has within a few months past begun a habit of telling, occasionally, deliberate falsehoods, supporting them by fancied circumstances to bear out her assertions. She is usually a good child, very conscientious and obedient, and of an amiable disposition. We have heretofore refrained from punishing her in any way, except for disobedience; and in the matter of falsehood we have simply drawn her attention to the fact that she had stated what was not true, fearing that severity would aggravate rather than cure the tendency. In fact we have generally avoided placing her in situations where she would be tempted to tell an untruth. We have no servants, and the child only associates regularly with her younger sister, who is not yet able to talk, and we are therefore satisfied that the disposition to misrepresent comes naturally.

Will any of your readers, who have successfully combated this difficulty in so young a child, propose a moral principle or mode of discipline which will correct it?—*H. W. C., Denver, Col.*





## NURSERY PROBLEMS.

### Milk for Babe and Mother.

To the Editor of BABYHOOD :

(1) I have a little girl of five months who, since she was six weeks old, has been fed once a day from the bottle, and nursed the rest of the time. We feared she did not get quite enough from the breast. Now she often refuses the breast when the milk ceases to flow freely, and we are afraid she may wean herself. Besides the glands are not stimulated as they should be and there is danger that the secretion will be lessened. Baby does not gain in weight as she has been doing (having gained less than a pound and a half during the past month), so I am afraid to take away her artificial food. With my last child I had a similar difficulty, when I substituted the cup for the bottle and had no further trouble, but now my physician thinks the sucking process necessary to digestion for so young a child. What can I do? It seems to me that as the breast milk is to be the main dependence during the summer it should be preserved at some hazard.

(2) Also will BABYHOOD advise me as to drinking milk to make milk? I have depended on it principally, but I find that quite often it causes hives with me, showing, I believe, an acid condition of the blood. What can I drink in place of milk, or can I take something to counteract the effect of the milk? I like the milk, and otherwise it seems to agree with me. There is no constipation or apparent indigestion. If BABYHOOD will reply to these questions I shall be very grateful.

Washington, D. C. A PUZZLED MOTHER.

(1) We believe that the safest way for you is to keep right on as you are going, letting Baby suck as much as she will and feed her when you must. After the salivary glands are well developed, as probably they are already in your baby, the sucking process is less necessary to excite a flow of saliva than it is earlier.

(2) If milk causes "hives" we suspect either the milk or the digestion. An antacid taken with it—say bicarbonate of soda, or lime-water if you have a tendency to looseness of the bowels—will probably help you. Or you may season the milk with salt and drink it heated as hot as comfortable, as you would coffee, for instance. If these fail try broths or cocoa in place of milk.

### Barley-Water—Boiling Milk—Long Sleeves in Summer.

To the Editor of BABYHOOD :

Will you kindly answer some of the following nursery problems for me:

(1) In the use of barley-water mixed with milk

for infant's food, in the proportion of three-fourths milk and one-fourth barley-water, how much barley should be used, and how prepared, cooked or not?

(2) I see it recommended that milk should be boiled before feeding to infants. I have always supposed that it would cause constipation if boiled; is it so? Would you advise one who lives in the country, and has milk twice a day fresh from the cow, to boil it before used, for food for a baby ten months old?

(3) Ought a baby of ten months to wear flannel sleeves to its little shirts in the summer?

New Hampshire,

H. M.

(1) See June number, page 228.

(2) See article on sterilized milk in present number.

(3) It is not very important in very hot weather; as the cooler nights come, say after the middle of August, we prefer the sleeves.

### Diet with Nursing.

To the Editor of BABYHOOD :

My baby was a year old last March. I have decided to nurse him through this summer. Could you tell me what would be a proper diet for him to relieve me from too constant nursing. He is a big, strong baby and has always been well, and I do not think I will have sufficient milk to satisfy him alone.

A SUBSCRIBER.

Columbus, O.

The child ought to have been weaned some months ago. But you will now have to help out his diet till cooler weather comes. Good, sweet milk, carefully kept, diluted with a little barley-water, would be our choice, with peptonized milk if the milk seems too heavy.

### Clothing for the "Second Summer."

To the Editor of BABYHOOD :

I would like to ask what a baby during its second summer should wear as night-clothes. She was a year old the last of May. Should her day shirt-sleeves be long? Can I let her wear silk stockings or ought I to keep woollen ones on her all summer? Baby will very likely spend her summer in New York City and Saratoga.

A READER.

New York City.

Unless the skin is unusually sensitive BABYHOOD prefers a long woollen night-gown in warm weather, so arranged that it cannot be kicked off. In hot weather it may be sufficient without additional covering, and the woollen fabric makes the child less susceptible to chill



if the temperature changes in the night. For the same reason thin woollen stockings are usually preferable to silk; but this is not a point of so much importance, as the attendant can protect a child from chill in the day-time.

#### Nose-Bleed.

*To the Editor of BABYHOOD:*

My boy of three is so full-blooded as to make summer a much-dreaded season. I determined to give him meat but once a week, substitute cracked wheat for oatmeal, and have his principal diet of bread and milk, and see thereby if he would not feel the heat less. During a week of warm days I tried my plan and found that the quantity of milk consumed was quite two quarts a day. I was just rejoicing over the good effects to be derived from this course when, one morning, he, apparently without any cause, had a violent nose-bleed, followed by another later. It has been suggested to me that the cause was from letting the child have too much milk. Is BABYHOOD of the same opinion? and will it kindly suggest a summer diet for this boy?

A. E. B.

Cleveland, O.

We do not believe that the nose-bleed was due to his milk; and your proposed dietary seems good enough. We infer that you mean by "full-blooded" some tendency to heat or fullness of the head. If the amount of milk he desires seems excessive, light palatable water-gruels can be made of graham flour, which he would probably take in part. If the nose-bleed recurs let his nostrils be examined by a good physician. The article on this subject in the present number may give useful hints.

#### Restless Nights and Disordered Digestion.

*To the Editor of BABYHOOD:*

A little boy, aged twenty-one months, suffers from troubled rest at night. He retires at 7 P.M., but wakens frequently all through the night, crying bitterly, as if from dreams. This has been the case for about six months, and he seems to grow worse rather than better. His diet is chiefly milk, though occasionally he takes clear broth of chicken, beef, or mutton, with cracker broken in it. He has no fondness for cake or candy, though he seems ravenous for salt meat, such as fried bacon, etc. For several months he ate heartily of bread and oatmeal, and also fruit, and seemed to be in excellent health, but for as much as three months he has refused any of these, save bananas. He now lives on three or four small nursing-bottles of milk daily, and seems to care for nothing else, save the meat and fruit I mention. His tongue is coated quite heavily at times, and he is inclined to constipation; he has one action daily, but it is always *knotty* in appearance, and of several different colors.

Kirkwood, Mo.

M. W. M.

The points of importance in the history submitted, put into the order of occurrence, are: a diet in advance of his digestive power (bread, oatmeal, and fruit); with this and since, restless nights. Now his diet is proper, but his appetite

small, coated tongue, and occasionally constipation. If there is no other recognizable trouble, we believe that the sequence as above stated shows that he suffered for some time from a disordered digestion. He ought to have a little good medical attention, and if you live in a malarial region, the question of the influence of that poison should be considered.

#### Discharges from the Ear.

*To the Editor of BABYHOOD:*

I would like your advice about my three-months-old baby. There is a white, soap-like substance, that smells like rancid oil, which appears in the opening of the ear-passage, particularly noticeable when the ear is wet after bathing, and the odor is then very disagreeable. What shall I do for it? He has had weak eyes and snuffles since his birth, but is almost recovered now, and seems healthy, though not very fat.

AN INEXPERIENCED MOTHER.

The substance coming from the ear we presume to be the cerumen ("ear-wax") moistened with water, and probably mixed with a little discharge which is not sufficiently free to flow. Such discharges are not infrequently seen in children who have the tendency to eye and nose trouble described. The only domestic treatment we can suggest is to very carefully cleanse out the ear-passage, and as carefully to dry it, both manœuvres to be done with the greatest gentleness.

#### Browned Crusts to Use the Teeth on.

*To the Editor of BABYHOOD:*

Do you think it objectionable to feed a fourteen-months-old baby, who delights to use his ten teeth, some bread that has been slowly dried in the oven till it is a rich brown? Doesn't this process change the starch? My baby likes it broken in his milk. He prefers it to flour-ball and it has seemed to have a good effect when his bowels were a little too free. He has never had anything but gruels and milk, except these brown crusts. He would like solid food, but I dare not experiment while these double teeth are on the way, and prefer to take BABYHOOD'S advice, which seems to me so reasonable. I have never given him meat juice, which you often suggest for babies, as he seems so perfectly well and strong on his present diet. I was afraid it might destroy his relish for milk. I am sure you would approve of his habits and pronounce him as fine a specimen as you have in your large family.

Denver, Col.

A HAPPY MOTHER.

We see no objection to the crusts in moderation.

#### Unhealthfulness of Long Hair.

*To the Editor of BABYHOOD:*

I would like to ask your opinion concerning the desirability or unhealthfulness of long hair for young children. My little boy of three years has very heavy hair, long and curling; one friend says, "Oh! don't have it cut, it is so beautiful." Another remarks, with a serious air, "His hair is lovely, but you should have it cut; it is doing him

great harm." But they don't know exactly in what way. He is a sturdy little fellow and has seen very few sick days. H. H.

*Cuyahoga Falls, O.*

So long as the hair is healthy we see no reason for meddling with it. It can be weakening only by its excessive rapidity of growth. To cut it would not lessen this. The superstition—for it seems no more to us—that abundant hair is weakening is very prevalent. No doubt an over-thick head of hair may be annoying in hot weather, but we believe the notion of its debilitating power is due to the fact that persons of a peculiar type of feeble constitution are sometimes very hairy.

#### Rapid Carriage-Driving for very Young Children.

*To the Editor of BABYHOOD:*

Please give me advice with regard to the treatment of very young children as to out-of-door exercise. Is it wise for them to be driven over country roads with fast horses at the age of six weeks or two months? How soon can it be done with safety?

*Randolph, Mass.*

MAIDEN AUNT.

Unless the roads are unusually smooth or the vehicle unusually easy such exercise is undesirable. It is comparable to the jolting method of our grandmothers when a rockerless chair was made to act as if it were a rocking-chair. If a young child is taken in a vehicle, it should be snugly held against the breast if rapid driving is necessary, and the child under such circumstances should be protected until it is old enough and strong enough to steady itself in the vehicle.

#### Care of the Finger-Nails.

*To the Editor of BABYHOOD:*

Will you please tell us what to do with our baby's finger-nails? We think we have the dearest and best eighteen-months-old baby in the world, and that she has the homeliest finger-nails. Is there any way to beautify them—that is, make them more symmetrical or of a better shape?

*Symerton, Ill.*

C. E. F.

We do not know of any way of changing the shape of the nails for the better. Care should be taken to prevent injuries to the nail and to the flesh around it ("hang-nails," etc.), because these may still further distort the nails. After the child is old enough to be taught, toilet will make the nails unobjectionable, even if not beautiful.

#### Drooling.

*To the Editor of BABYHOOD:*

Can anything be done to stop a child's "drooling"? My boy, now nearly two years old, has drooled constantly since he was two months old. He had no teeth until he was seven months old and now has sixteen. He got the bottle until a year old. He is not unnaturally thirsty, but likes something wet in his mouth and never loses an oppor-

tunity to take a wet cloth or sponge. We feed him according to BABYHOOD's directions. I have spoken to two good physicians, but they seem to regard it lightly and tell me I may be thankful nothing of importance is the matter with him. Surely BABYHOOD will appreciate the annoyance, even if it is nothing more serious. Let me say that the child is as forward in everything as others of his age. Have other mothers had this trouble? I cannot hear of a similar case. N. J.

*St. Paul, Minn.*

We may say first, to relieve your anxiety, that the ailment in all probability "is nothing more serious than an annoyance." Quite evidently something has overstimulated the salivary glands and the child's desire to take wet things into his mouth suggests that he is conscious of an irritation of the gums. Very possibly the remaining teeth of the temporary set are in process of eruption; and when this is over the irritation will probably cease. Another possible cause is this: If there is any obstruction to free breathing through the nostrils, the opening of the mouth may stimulate the flow of saliva. At all events such cases of constant drooling are not rare.

#### Alcoholic Stimulants in Fevers.

*To the Editor of BABYHOOD:*

My little girl of five years has the scarlet fever, and our physician prescribed for nourishment milk punches every two hours. I would like your opinion on the subject of giving spirituous liquors to children in cases of fever. I am under the impression that whiskey or like stimulants only add fuel to the fever. A TROUBLED PARENT.

*Brooklyn, N. Y.*

Alcoholic stimulants, properly used, do not "add fuel to the fever." The condition demanding their use is not one that can be discussed without a good deal of knowledge of physiology and pathology. Every judicious physician considers alcohol as a drug to be given or withheld in any case precisely as any other drug, according to the circumstances that exist and the ends to be accomplished. The unfortunate abuse of alcohol leads the laity as well as some physicians to treat it as if it were a thing by itself. The abuse of opium and other narcotics, of quinine, or of purgatives is no reason against their proper medicinal use. So with alcohol. If you can trust your physician with other drugs you may with this.

#### Food for a Baby just Weaned.

*To the Editor of BABYHOOD:*

My baby is thirteen months old, and I think I ought to wean her. Ever since eleven-and-a-half months old I have fed her on boiled bread and milk once a day at noon, as she would not touch the artificial foods. She has never seen a sick day. Would you give her the bread and milk three times a day? or how often do you think she should be

fed after weaning? This is her second summer, so I want to be very cautious. We were in the city all last summer and I would like to remain this, if possible.

J. R. H.

*New York City.*

We do not think the bread necessary. Milk alone would do. But crusts of bread, free from crumb, boiled with the milk may serve somewhat the same purpose as barley-water, and if it has thus far seemed to agree with her we see no reason for discontinuing it. If she has three such meals—say at seven A.M., or when she wakes; at about one P.M., or just to six P.M.; and at about eleven A.M., or five before her nap, some beef-tea or beef-juice, we think it would be about the requisite amount of feeding for an average child of her age.

#### Confinement to House after Attack of Measles— Hints for a Journey—Regular Hours for Feeding.

*To the Editor of BABYHOOD:*

Will you please answer the following questions?

(1) Baby was born January 27, and is already too heavy for me to carry in my arms for a daily airing. When will it be safe for me to put her in her carriage? When will it be best to put her into short clothes? She has the measles at present.

(2) She is a bottle baby. How shall I manage about her food when I take her to Boston this summer?

(3) She takes her milk every two or three hours during the daytime, and wakes up every two or three hours during the night and cries for her bottle. When will it be safe for me to begin to let her cry and refuse her bottle, and how often should I feed her during the night? How much milk ought she to drink at a time?

K. M. B.

(1) She must be kept in until at least five weeks after the appearance of the measles. The changes as to outing and dress can be made then with safety.

(2) If you mean how shall you manage on the journey, we suggest to prepare sufficient food for the journey in advance. If you go by train, the porter of the drawing-room car will keep it on ice for you and give you assistance as to warming. If by boat, the stewardess will give you all needed assistance. If you mean what shall you do in Boston, we see no need of change. Continue the same food as at home if it agrees.

(3) At four or five months not more than two night feedings should be allowed, and every three hours is quite often enough in the day. But note that "every two or three hours" is not the proper way to feed. If the child is awake, the interval of feeding must be exact. The phrase used suggests a very injudicious "sliding-scale."

#### Diluting Milk with Corn-Meal—Obstinate Constipation—Eczema—The "Second Summer."

*To the Editor of BABYHOOD:*

(1) My baby is nearly thirteen months old, and I am just now weaning him. You advise "G." in a recent number, that "cow's milk, diluted properly with barley-water or oatmeal-water," is the proper food. Now we live miles from a good grocery, and find it quite hard to get a good article of either oatmeal or barley. In that case would milk diluted with water only do? I sometimes give it to him fresh from the cow and undiluted. Is that too rich? He does not care for much other food, eats a little bread and butter sometimes, and is fond of ginger-snaps.

(2) Are they injurious?

(3) He is not exactly a delicate baby, but still his bowels have never been right, and until he was eight months old he seldom had a movement without a soap suppository; then when they did move he would have something like diarrhoea. They move a little more freely now, but still he often goes three days and they seem to gripe him. He has eight teeth, and nearly walks, and seems to feel well usually. Could I do anything for the constipation? Our physician thought it would wear off in time, but it doesn't seem to.

(4) I also have a daughter of four, who has had a sore ear for several months; at the base it cracked, and then on the back, and under it scabs form; it seems almost well at times and then breaks out again. Her side was that way last year, and as it healed up the ear became sore. I am afraid of scrofula. Two physicians have treated her, but with little effect.

(5) I am weaning Baby solely because BABYHOOD says to do so at one year, as all the old ladies of my acquaintance say: "Don't wean him till after the second summer." "You won't be able to take him through the second summer on cow's milk," and like remarks.

R. C. M'N.

*Warren, Iowa.*

(1) Milk diluted with water will do, if the other things are not at hand, or a thin gruel may be made from good corn-meal, or from wheat-meal, and used in the same way. Undiluted milk is usually rather too heavy for a child just weaned.

(2) The ginger-snaps at his age are not admissible.

(3) The bowels should not be allowed to remain inactive for so long a time as three days. We think he should have a daily movement, by suppository or enema if necessary. The enema may contain a little glycerine, as frequently suggested in BABYHOOD, or a teaspoonful of molasses if more convenient. In a child of the condition of health you describe, probably daily gentle rubbing of the abdomen, rubbing upward on the right side and down on the left, would somewhat relieve the constipation.

(4) The trouble is undoubtedly eczema. The domestic treatment consists in generally improving the health, cleansing and soothing the diseased parts. It is often a very obstinate disorder.



(5) BABYHOOD has often called attention to the fact that the "second summer" is not nearly so fatal as the first summer.

#### Fresh or Condensed Milk—The Effect of Weeds on Milk.

To the Editor of BABYHOOD:

Will you kindly advise an inexperienced mother on the question of baby's food? My little girl is six months old, weighs twenty pounds, has a fine appetite, sleeps well, is cutting a tooth, and seems well, except for a constantly constipated condition of the bowels. She has been bottle-fed since the first month. The milk is first boiled, then diluted with one-third water. I have been putting two teaspoonfuls lime-water to every pint of milk also, until the last few days, since noticing in my last BABYHOOD a reply to a query on the subject. Will it be better to feed her on concentrated milk during the coming summer? Baby's cow is allowed to graze in a weedy pasture, and I fear the milk may not suit a teething infant. F. P.

Ashby, Va.

If the fresh milk is good, and can be kept sweet, it will probably be better than concentrated milk. The effects of "weeds" depend upon what these weeds are. You should watch for poisonous plants, belladonna (deadly night shade), stramonium (Jamestown weed), etc., and also taste the milk to see if wild garlic, or wild turnip, or any such thing gives it an unpleasant taste.

#### Condensed Replies to Various Letters.

A Regular Subscriber, Jamaica Plain, Mass.—

Let Baby have two or three times a day half a minim of tincture of nuxvomica in some aromatic water, and put a drachm of glycerine into his enema, and we think you can get on without the purgatives.

E. G. C., Moberly, Mo.—The details of the case are not sufficient to enable us to give a certain opinion, but so far as we can form one, we think the physicians were right in attributing the trouble to indigestion. You are right not to give the bananas; but for a child of two years and four months raw cabbage is certainly improper diet, and if there is any digestive weakness apples should be withheld. The oranges, if carefully prepared so that pulp and juice only are eaten, may be allowed in moderation. These are the worst errors we note in the dietary you give.

B. R. L., Louisville, Ky.—How to make your little one sleep quietly without drugs we do not see. You say he is well and strong, and if you are sure that no minor ailment, such, for instance, as pin-worms in the seat, makes him toss, we presume nothing medicinal can be done about it. But you ought to share the night care with some one else. Your other inquiry is easier. The "orthodox baby" of fifteen months should retire not later than seven o'clock, and if

he was "started right" he usually goes pretty soon to sleep and calls for little attention till the morning.

C. W., New Bedford.—The symptoms described in a l probability depend upon the irritation of the "stomach teeth" which are in process of eruption. There is every reason to suppose that they will subside as they did after the appearance of the "eye" teeth. In the meantime, however, the symptoms can be relieved by proper medical treatment.

A New Subscriber, Dover, Del.—We think your plan of giving a drink instead of the breast will succeed. Thirst, however, may continue to wake the child at an inconveniently early hour. But as time passes she will sleep later.

A. L. C., Canaan, N. Y.—We note the following points: Your child is heavy enough for her age. You mention no ailment except constipation, with hard stools usually pale, often greenish. She takes a good but not excessive amount of dilute food, and she is at six months fed every two hours. To answer your specific questions we would say that we think the food is probably unnecessarily watery. If it was more nutritious a smaller quantity would suffice. In your vicinity, if we mistake not, good milk is easily gotten. Take from milk that has stood a while the top third for use, put in rather less than half water for a child of six months, and slightly sweeten. Of this let her take what she will. Each month diminish a little the proportion of water. Unless the child is ill we think this food is sufficiently good. It agrees with a large proportion of children. When constipation exists we prefer to use oatmeal-water rather than simple water, but we cannot promise that any liquid food will cure the constipation. As good a laxative as we know for frequent use is phosphate of soda, powdered and added to the food, say a small pinch once or twice in the day, increasing if necessary. If at least one daily movement does not spontaneously occur, we think an enema of warm water with half a teaspoonful of glycerine as efficient and harmless as any enema. Or the soap or molasses-candy pencil may be used instead, as so often suggested in these columns. We think the bowels should move every day. We doubt if the bottle causes the wind, such colics being common in breast babies and in those fed from a cup if there is indigestion. Further, a child at six months of age should not be fed every two hours, nor once in three hours; five times in twenty-four hours is enough. Say at seven and eleven A.M., three and seven P.M., and once in the night or late in the evening. We believe the frequent feeding a potent cause of indigestion.

Colorado.—You give us too little information to enable us to form a judgment of the cause of the child's fretfulness. If we were obliged to guess, we should say pain in the gums and indigestion.





## CURRENT TOPICS.

### A Summer Home for Mothers with Invalid Children.

THE various plans for a summer home for infants which have occasionally been discussed in *BABYHOOD* seem to have a practical beginning in one just established near Port Jefferson, on the north shore of Long Island, by Dr. Jerome Walker, who is well known to the readers of this magazine through his contributions to its pages. It is to be regretted that the location is not closer within reach of New York City, which, with Brooklyn, is so greatly in need of such a place for the emergencies of hot weather. Still, it is within two or three hours by rail from the Flatbush Avenue depot in Brooklyn, and perhaps for other reasons the location is the best that could have been selected.

It has often been remarked that, in this city at least, better provision is made for sick infants of the poor than for those of parents able and willing to pay liberally for a quick change of air, with medical treatment. For instance, in a case of threatened cholera-infantum there are seaside institutions where admission may be had for a baby from a tenement-house, but without its mother; while if the mother, with nurse, and perhaps the father also, wish to accompany it, and are willing that no expense should stand in the way, there is no regularly appointed place for the purpose within reach.

Dr. Walker states that after years of thought upon the subject, and many conversations with physicians, he has decided to begin a Summer Home for mothers with sick or feeble children, and has secured a farm of one hundred acres (forty of it woodland), with a good-sized house, farm and out buildings, ample shade, good salt-water bathing advantages, and excellent drinking-water. Fresh vegetables, berries, milk, and eggs are readily obtained, as are also good meat and fish.

The farm being in a beautiful country, upon a small bay and near Long Island Sound, there are opportunities for carriage-riding, boating, and fishing. Facilities for these pastimes will be furnished at reasonable prices. There will be a Resident Physician. The charge for mother and sick baby will be from \$15 to \$25 per

week in advance. For this amount will be furnished board, necessary food for the invalid, physician's services, medicine, and still-water bathing. For well children, \$5; nurses, \$7.

As far as possible it will be the manager's aim to carry out the wishes of the patients' physicians as to the line of treatment, diet, etc., provided the suggestions are furnished in writing. A "care-taker" will be prepared to take charge of well children. Children over twelve years of age cannot well be accommodated. It is hoped that this summer retreat will be as restful to mothers as to children, and every effort is promised to be made to secure this object. No one suffering from contagious disease will be received. Applications for board, etc., should be made to Dr. Walker, at No. 8 Seventh Avenue, Brooklyn.

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### Parental Responsibility for Infant Morality.

SURPRISING as it seems, I believe it to be true that not a little positively false morality is taught children by respectable and educated persons—not consciously, of course, but through want of thought as to the impression made upon the child's mind by the words and actions of its elders. It is not only ignorant and irresponsible nurses, but too commonly the child's own mother, who confuses its sense of right and wrong by putting the expedient before it in the place of the right. This happens every time a child is bribed to obey by the promise of some reward. He learns that he is to do right not because he knows it is such or because simple obedience is imperative, but because the doing the right thing is to bring him some advantage. Conversely, therefore, if to do it brought some disadvantage, or even if it brought nothing with it to gratify the child's wishes, it would no longer be right. Motives to right-doing are too often urged which, if not actually bad, are certainly not the best; as when children are told that their friends will not love them unless they behave in a certain prescribed manner. The appeal to affection is no doubt legitimate in its place and degree, but the parents' affection ought not to be held up as a prize for right conduct. A father may

properly tell his children that he is pleased when they do right and grieved when they do wrong, but a child should never be allowed to believe that, whether pleased or grieved, his father had ceased or could cease to love him.

The root-truth about the matter seems to me to be this: that a child's parents stand to it, while it is young, in the place of God himself. All its conceptions of truth and goodness come to it through this channel, and justice, love, faith, and all the virtues dawn upon the child's soul as they are embodied in its parents' speech and action toward itself and its brothers and sisters. When a father or mother does an injustice to one child in favor of another, it is not the one child alone that is harmed, but both. Justice in the abstract children know little of, and to preach about it to them would be of slight use; but every little one understands it in the concrete, and many a child's heart has swelled with an indignation against injustice that was not wholly nor mostly selfish, but a righteous instinct asserting itself against a visible wrong.

A truthful child is generally strictly veracious, and does not comprehend any deviation from the letter of truth; so that it is often necessary, to save it from moral confusion, to explain what may seem to it like untruth. If it become impossible to keep a promise made to a child, the hindering circumstances ought to be mentioned, or at least it should be explained that there are such. Again, the Bible command, Parents, provoke not your children to wrath, is often forgotten, while the corresponding one, Children, obey your parents, is quoted and enforced. A great deal of injustice is often done, moreover, in settling disputes among children, by not allowing for provocation received.

A most obvious practical rule in the training of children is, Always take for granted that they mean to be good. If to give a dog or a child a bad name is an excellent recipe for making him deserve it, to let it be a matter of course that he is to behave properly is to go a considerable way toward having him behave so. I have seen mothers actually put it into a child's head to be naughty, when it had never occurred to the little one to be so. In this connection I would utter a protest against a kind of infant literature, usually illustrated, in which greedy Tom and slovenly Jane, cruel Peter and vain Polly, are vividly described in the act of making themselves unpleasant.

Manners and morals are closely connected, though parents attentive to their children's

training in the one are strangely negligent with regard to the other.

Example goes a mile where precept goes an inch with children, and I believe that the irreverence towards their elders which is justly blamed in children of the present age (and perhaps justly also, in especial among Americans) is largely owing to the greater freedom of companionship with their elders nowadays allowed to children. Few people will restrain themselves in speech on account of the presence of the little ones, and these consequently hear an immense deal of personal comment and criticism which they ought not to hear, if they are to keep that respect for their elders in general which surely it is desirable they should retain so long as it is possible. To the same cause is due the sophistication of children, so noticeable, and to my mind so deplorable. A boy need not be a baby because he does not know at ten what his grandfather did not know till he was twenty. The modest simplicity and the fresh and tender bloom of girlhood—no, it has not all disappeared yet! I believe that a child who, without being coddled and "babyfied," yet is kept a child so long as, according to its years, it is called one, has a physical advantage over the child too early initiated into the knowledge of manhood or womanhood. Parents do not realize the physical wear and tear that accompany premature development of the brain; and the undue tax upon the nervous and vital forces, when a child engages in the occupations and amusements of a grown person, leaves it, in maturer years, low in physical resources just when it has most call upon them. To follow this vast and important subject leads one easily far afield. There has been a great deal of theorizing upon it, some of it valuable indeed, yet one would think that observation and reflection might tell any reasonably sensible parent all he needs to know. One would think so; yet my fellow-creatures scarcely ever appear to me so fallible as in their parental characters.—"*Contributor's Club*," in *Atlantic Monthly*.

#### A Holiday Baby.

WORTMANN.—G. A. R.:—WILHELM OTTO FARRAGUT WORTMANN was born at 7:51 P.M. on Memorial Day at 1,537 First av Hurrah for Farragut! HENRY WORTMANN, Post 75.

The father was not at home when the four-named baby was born, but the mother was, and she told Mr. Wortmann just as soon as he came in.

He was awfully glad it was a boy, and he

scratched round to get some names. When he got these four—Wilhelm Otto Farragut Wortmann—tacked on the poor little baby the delighted father rushed to the *Herald* office to make his comrades jealous through the above advertisement.

Mr. Wortmann is an enthusiastic member of the Grand Army of the Republic. He is tickled to death because his boy was born on Decoration Day, and wishes the day came oftener. Mrs. Wortmann don't. She, however, is proud of the boy, the four names and all. The little fellow is doing well, considering.

If the names do not prove too many for him, he looks as if he might in time join a Sons of Veterans post and get a surprise party himself on Decoration Day some year.

The advent of Farragut—for that will probably be the front name in time—created great excitement and joy in the household and neighborhood. Everybody delighted in yelling with the proud and happy father, "Hurrah for Farragut!"—*New York Herald*.

#### A Japanese Composition.

MR. J. C. PAINTER, of Rapidan, Va., sends the following to the *New York Evening Post*, stating it was received from his brother, a teacher in a government school of Japan. It is the work of a Japanese boy:

#### "THE WHALE.

"The whale live in the sea and ocean of all the country. He is a large and strong in among of kinds of all the fish, and its length reach to ninety foot from seventy foots, and its color almost is a dark, and he has a large head. When swim in the up water he is so large as Island. When struck the water on angry he is so voice as ring great deal thunder. If he danced make the storm without winds, and also when blow the water almost lay down the fog on the weather. His the form is proper to live, for his frontlegs make Hire, and afterlegs is no, and the tails is a Hire that open on the up waters, and the mouth have no leaves, but have leaves that is as hard narrow beard as with horns. His

bodys though is a fish, he is not a fish, but is a creatures. His leaves is names whales leaves. The men make the everything with it. Every years to seven or eight month from four or five month, the whaler-men catch on the sea or ocean. He many live on the sea of North-sea-way or five island, of Hirado on Higien-Country in Japan. Written by T. Hirakawa.

"P. S.—The tell of the whale is more—but I do not know fully to tell."

#### House-cleaning Hints.

SOME special points there are in reference to "house cleaning" which are not generally enough known and acted upon. Two of these, however, bear upon the construction of the floors and walls and are beyond the housekeeper's control. The sweepings, dust and waste of whatever sort, collected in the cleaning should not be thrown in the yard or out of-the-way corner, but should all be burned. Carpets and rugs should be taken a good distance away from the dwelling, as to a large field, to be shaken and beaten. It is surprising that municipal authorities permit, as some of them do, carpets to be beaten in towns and villages in vacant lots quite near to dwellings. Windows are commonly open at such a time, and the objectionable excremental dust from the carpets is often in such cases blown directly into neighboring houses.

The floors and walls of dwellings should be so constructed as to be impervious to moisture and dust. Those who are informed on the subject of micro-organisms in the air of rooms will readily understand how important it is that floors should be absolutely dust proof. A layer or two of good paper under a carpet will help greatly to prevent dust getting into the cracks of ordinary floors.

The ordinary plastered walls absorb the moisture of the breath with its poisonous contents, and all walls should be made impervious to moisture and of such material as to permit of being well washed. With impervious walls and floors, and no cracks at joints or elsewhere, a house can be perfectly cleaned; otherwise it cannot be.—*The Prophylactic*.



## HIGH-CHAIR MATHEMATICS.

LITTLE Emma, having been initiated by an aunt into the mysteries of subtraction, and having given satisfactory answers to a number of simple questions, is asked the following: "If I go out with three cents and spend them all, what will I come home with?" Unhesitatingly and promptly came the answer: "Candy."—*Auntie, New York City.*

—"How old are you, Tommy?" "Nine when I'm on my feet, and six when I stand on my head." "That's funny; how do you make it?" "Why, if you stand a 9 on its head it's a 6, isn't it?"—*Philadelphia Times.*

—"Ah!" said one young pupil to another in triumph, "my mamma gives me a penny every morning for taking a spoonful of cod-liver oil!" "And what do you buy with the penny?" eagerly returned the second girl, in a tone devoid of envy. "Oh!" returned the former speaker, "I do not spend it at all; mamma puts it away for me every day to buy more cod-liver oil with."—*London Figaro.*

—A little boy was told that the Rev. Mr. Go-forth, the missionary to China, would be the only Christian minister in charge of a district having as many people as are in the whole of Canada. "My!" he said, "won't he have to holler!"—*Toronto Globe.*

—"Ma," remonstrated Bobby, "when I was at grandma's she let me have two pieces of pie." "Well, she ought not to have done so, Bobby," said his mother. "I think two pieces of pie are too much for little boys. The older you grow, Bobby, the more wisdom you will gain." Bobby was silenced, but only for a moment. "Well, ma," he said, "grandma is a good deal older than you are."—*Christian Advocate.*

—A very little fellow has a very lively tongue, and talks so much at meals that on a recent occasion when there were to be guests at the table his elder brother bribed him with a nickel to be still. After ten minutes of silence the little boy whispered anxiously to his brother, "Arthur, Arthur, mayn't I talk a cent's worth?"—*Christian Secretary.*

—A little Rochester girl drew the pictures of a dog and a cat on her slate, and calling her mother's attention to it, said: "A cat oughtn't to have but four legs: I drew it with six, so she could run away from the dog."—*Exchange.*

—Aunt: "Here is an apple, Johnnie. Share it with your sister in a Christian spirit." Johnnie: "How am I to do that, aunt?" Aunt: "Offer her the largest piece." Johnnie (handing it to his sister): "There, sissy, you share it like a Christian."—*Christian Advocate.*

—Druggist: "Now, what do you want?" Boy: "Three cents' worth of paregoric." Druggist: "What do you mean, waking me up for three cents?" Boy: "Why, I had ter git up fer nuffin."—*Christian Register.*

—"And don't you know why, Bobby" said the minister, who was dining with the family, "your mamma doesn't want you to eat a second piece of pie?" "Yes, sir," replied Bobby. "She said that if you didn't take any there would be enough left over for to-morrow."—*New York Sun.*

—Little Sister (to Bobby): "What's twins, Bobby?" Bobby (who knows a thing or two): "Twins, Sadie, are little children what the Mormons has."—*The Epoch.*

—A little Montgomery, N. Y., miss wanted some ice-cream the other evening. She wouldn't accept her mother's refusal, and as the last resort she sent her to her father. The question was put to him, who answered, "Not much." She went back to her mother and told her that her papa said she "could have a little."—*New York Tribune.*

—Tommy (who has just received a severe scolding): "Am I really so bad, mamma?" Mamma: "Yes, Tommy, you are a very bad boy." Tommy (reflectively): "Well, anyway, mamma, I think you ought to be real glad I an't twins."—*American Hebrew.*

—Visitor: "Well, my little man, have you any brothers?" Freddy: "Yes, I have one, but my sister Stella has two." Visitor: "Why, how can that be?" Freddy (in some astonishment): "Me and my little brother, of course!"—*Grip.*

—Teacher (to Tommy, whose father is a milk-man): "Tommy, how many pints make a quart?" Tommy: "A quart of what?" "Anything. Milk, for instance." "Two pints; one pint of water and one pint of milk."—*Epoch.*

—"Why, Allie, dear, is that the way to begin your dinner?" asked a mother of her little daughter, as she began with the pie. "Well, I declare, mamma, I was going to eat my dinner upside down, wasn't I?"—*New York Observer.*



FOUR-IN-HAND.



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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THE relation borne by scarlet-fever to the age and sex of the subject as well as to the season of the year gave rise to an interesting discussion in the Epidemiological Society of London last month. A detailed analysis of upwards of six thousand cases showed that the liability to the disease "was slight in infancy, reached its maximum in the fourth or fifth year, and diminished every year afterwards." So far as severity of attack was concerned, however, it was greatest during the first two years, and lessened year by year thereafter. The death-rate reached its maximum in both sexes in the third year of life; "forty-two per cent. of the cases and sixty-five per cent. of the deaths occurred in the first five years of life." The advantage of postponing an attack was a double one, in that liability to it was diminished each year beyond the fifth, and also that its severity was lessened by each year of postponement. It was estimated that probably two-thirds of our adult population had escaped attack altogether.

The significance of the above is exceedingly important for the consideration of those, by no means few among us, who consider lightly the exposure of their children to diseases that are considered the inevitable portion of childhood. The facts that a considerable percentage escape infection altogether, and that susceptibility to attack and its severity decrease year by year after the fifth, should stimulate us to every caution the most intelligent care can exercise to shield our little ones from this disease,

the results of which, when not fatal, are often so serious, distressing, and permanent.

A brilliant prospect is in store for some Western babies. It is said that Dr. Tanner, of forty-day-starvation fame, who now resides in New Mexico, where he has a ranch of fifteen hundred acres, is interesting himself in a foundling association, to be conducted on vegetarian principles, and has gone to Indiana to secure forty infants. The doctor is surgeon for the association, and he expects to secure the children in Elkhart and surrounding cities. He lives on one meal a day, breakfast. The foundling home is an experiment intended to demonstrate that the baser passions are aroused principally by the use of animal food. He expects to make good children as well as long-lived ones by feeding them one meal a day on a light vegetarian diet. Whether there is any significance in the number of babies being the same as the days the manager devoted to starving himself, or as the number of the French Immortals, is not stated; but we hope there are as many subscribers of BABYHOOD in the vicinity who will constitute themselves a missionary committee to instruct the possible victims that even a baby may, as *Puck* puts it, be known by the company he keeps out of, and prevail upon them not to be enrolled.

In the sub-primary schools of Philadelphia, according to the *Christian Leader*, a fifteen-minute lunch-time in the mid-fore-

noon is utilized for teaching table manners and etiquette. The twenty-five little people under six years of age are seated about their four kindergarten tables, arranged in a hollow square. Each child provides himself with a napkin, which he spreads as a table-cover before him and arranges thereon his simple lunch. They are allowed and encouraged to talk as they eat, observing not to talk when another is talking, not to interrupt another, not to take too much of the time from others, not to tell long stories. The teacher leads them frequently in the talking. Use of spoon, fork, knife, etc., is taught whenever an opportunity offers. After lunch, one little boy or girl from each of the four tables brushes up the crumbs, collecting such remains of the lunch as are to be thrown away. It was said to be a surprise that so much could be done by way of forming habits, and that it had not been more generally practised with little folks in school. Fifteen minutes thus spent each day, as part of the recess-time, would appear to be well spent.

The relation between the weather and the acute digestive disturbances of infancy is one of great interest, as well as one concerning which there is much variety of opinion, and any new light on the subject is of value. Dr. Seibert, of this city, has collected records of 8,036 cases of this character occurring in a large dispensary practice during a period of ten years, and compared the same with the meteorological phenomena met with at corresponding dates. A study of the relation of the disease to the months of the year showed the greatest fatality in July. August came next in frequency, while February had the least number of cases. As a result of his observations, the author considers himself justified in stating that *hot* weather, either dry or moist, is not necessary for an epidemic appearance of summer complaint, since warm weather, either dry or moist, showing minimum daily temperatures of not less than sixty degrees, brought on an epidemic appearance of cholera infantum, invariably, in every year,

irrespective of the height of the maximum daily temperature; that summer complaint lost its epidemic character as soon as the minimum daily temperature remained below 60° F., as in the latter half of October in nearly every year; and that, therefore, this disease could not be brought about by the direct working of high temperature on the infantile body, but must have other causes. Of these, milk-food is one cause, as much of the time during hot weather it has been kept for hours at a temperature of or above 60° F. before it reaches the infant. Such milk turns very readily. Other causes affecting the purity of milk and establishing conditions favoring decomposition are found in the common practice of grocers, who keep it in their ice-box with animal and vegetable matter that is not free from decay. Another cause is thought to be the tainting of the water-supply of the city, which, according to the report of Superintendent Birdsall, assumed a taste indicative of decomposition of animal or vegetable organisms when the Croton water in the lakes reached a temperature of 60°. Of course, feeding, surroundings, and constitution have much to do with the disease, as well as heat.

There are risks peculiar to this season which it is well that we should keep in mind in arranging for the excursions and outings with which these summer months abound. Change of scene by rail or water is very apt to bring change of temperature. Bright sunshine at our home cannot be implicitly trusted. Clothing amply sufficient there will not prove so when upon the water. A journey by rail at the close of the day, the accompanying exhaustion of a tired, relaxed system, the common incidents of dampness, draughts, and delays—all these constitute serious risks unless the precaution has been taken to provide wraps to meet such contingencies. It is the uneven distribution of heat which in reality causes the greatest danger, for if the neck, arms, and chest are lightly clad while the warmth of the lower part of the body is maintained, a chill is likely to result, the consequences

of which may be much more serious than an ordinary cold or catarrh.

A Western mother has been making use of mustard-plasters as a punishment for misconduct, her children having run the gamut of ordinary penalties with indifference. The ingenuity of the idea is counterbalanced by some very positive objections to its application. To the use of mustard in the treatment of disease no possible objection can be raised, but the rebellious and unrepentant child, while morally ill, is not suffering from a disease demanding such counter-irritation. It is not the same thing in its result as the use of the rod, the propriety of which is still a mooted question, since to blister or even redden the skin is to excite conditions the reverse of health—to set up, indeed, a morbid process at variance with it. The punishment is a harsh one and should never be made use of.

Thousands of persons whose homes have been made happier and more cheerful by the perusal of the late Miss Alcott's "Little Women," and "Little Men," will be interested in this bit of reminiscence of her childhood, published in the *Youth's Companion*: "One of my earliest memories is of playing with books in my father's study, building towers and bridges of the big dictionaries, looking at pictures, pretending to read, and scribbling on blank pages whenever pen or pencil could be found. Many of these first attempts at authorship still exist, and I often wonder if these childish plays did not influence my after-life, since books have been my greatest comfort, castle-building a never-failing delight, and scribbling a very profitable amusement."

Alas, that the darkness of ignorance should prevail in the highest scientific circles right at our own doors! According to a newspaper story, the ten-year-old son of Mr. Edison "gave away" his father by telling a reporter that he had been experimenting on a newly-arrived sister. "Yes," admitted the father, "I have been experiment-

ing with her. You know scientific minds are always looking for new developments in science. I wanted to find out what made her cry. I discovered the reason. I took her in my arms for awhile and she was quiet as could be; as soon as I laid her down she kicked and squalled until I took her up again, when she immediately subsided. I tried the experiment of laying her down several times, and every time I did so she started off with her cries. I at last discovered that it was because she had found out that being carried was more pleasant than lying in her cot." Thus are the teachings of BABYHOOD corroborated by practical demonstration in the laboratory of the foremost electrician of the day. Perhaps it will not be immodest to suggest by the way, to other scientists, that a subscription—price nominal—can be made to save the valuable time of both fathers and babies in many more ways than one.

It will hardly be disputed that if children were taught something of the value of money we should have less frequent occasion to deplore the ignorance of adults on that subject. To what extent, however, the growing mind should be initiated into the mysteries of finance, it would not be easy to determine. In devoting considerable space to a reproduction of Mr. Jacob Abbott's views on this topic, we do not wish to imply that his suggestions cover all the phases of one of the most interesting subjects with which parents have to deal. Nor would the author of *Gentle Measures* himself have claimed completeness for this chapter as it stands, disconnected from the rest of his book. It will be noticed that no allusion is made to the pleasure of using a portion of one's money for the good of others, and the great need of wisdom and discrimination in such use of it. It is indeed an advanced student of both finance and human nature who succeeds, even in adult life, in acquiring such wisdom; yet, if we are to teach children the value of money at all, we must make sure that the development of the higher sensibilities keeps pace with the financial training.



## A TALK ABOUT MILK.

BY HALSEY L. WOOD, A.M., M.D.,

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IF "there is nothing new under the sun," there are certainly new ways of looking at old things; ways, too, that broaden and round out our knowledge in harmony with the age in which we live. This truth is impressed upon our minds almost every day.

Is there anything new that can be said about *milk*? At least, there is much that we ought to know, and we who give it, use it, or buy it should not be ignorant of its composition and properties; the conditions that affect its purity, quality, and quantity, as well as the influence of derangements in the above upon the health of our little ones and ourselves.

Milk is one of the most important foods supplied to man by nature. Like eggs, it contains all the elements required by the body for its growth and maintenance, and also in the most digestible form. It is the sole food for the young of the large class of the mammalia, and may be regarded as a typical alimentary substance. To clear the way a little, let us understand what we mean by the word food. What, then, is a food?

### Composition of Milk.

"A food is a substance which, when introduced into a body, supplies material which renews some structure or maintains some vital process" (Dr. Edward Smith, "Foods," p. 1). In order to effect this, it is clear that it must be made up of substances entering into the composition of the different parts of the body. Taking oxygenated blood in health as the highest type of a nourishing fluid, we find in milk its essential elements. Milk is the only food capable of independently sustaining life for

an indefinite period. It is an opaque, homogeneous fluid, and consists of an emulsion of fat (cream) in an alkaline solution containing caseine (curd) and sugar together with certain inorganic salts. It is white or slightly buff-tinted in color, has when freshly drawn a faint but pleasant odor, and a sweet taste. Its opacity is due to its numerous fat globules, which have a yellowish color and vary in size. This can be clearly shown by the microscope. The milk of all mammalia contains the elements mentioned above, in varying proportions, designed to meet the peculiar needs of the offspring at the time it is dependent upon such sustenance.

Besides the human milk, the milk of the following animals has been analyzed and the amounts of water, fat, sugar, caseine, etc., in them determined: cow, goat, sheep, ass, mare, reindeer, elephant, bitch, cat, llama, sow, hippopotamus, camel, etc.

### Milk-like Substances.

The secretion of a substance similar in composition to milk is found in birds and plants. The pigeon and goose are said to secrete an albuminous fluid resembling it in its essential constituents, while the cow-tree of Central America is famous for the nourishing fluid that flows from incisions made in its trunk. That is more sticky than animal milk, but resembles it strikingly otherwise, in composition and appearance.

### Differences between Human and Cow's Milk.

The universality of this food, and the lavish hand with which nature furnishes it to all who suckle their young, indicate its



prime importance and necessity to the growing infant. No argument is necessary, then, to prove the need of its absolute purity as a food for those for whom it forms, practically, the entire sustenance at an age when they can least resist any tampering with their nourishment. Purity is all the more essential, since a very large proportion of our infant population are denied human milk, owing to various contingencies, and are obliged to depend upon that of other mammals. For this purpose the milk of the cow is commonly selected as being most nearly akin in composition to human milk. Important differences exist, however, which must be rectified before cow's milk is suitable for infant digestion. Of these the most important is the increased percentage of caseine (four to five per cent.) in cow's milk, while in human milk but one and a half to two per cent., or according to some analyses only one per cent., is present. Other points of difference in cow's milk are an excess of salts and a diminution of sugar. With these differences corrected, cow's milk, although the best we have, is but a substitute. Still more inadequate are the other substitutes. Babies do live and apparently flourish upon the cleverly concocted "foods" of modern times, but who shall tell how many die in the hardening? Inherited vitality and favorable surroundings enable many to live in spite of their "food," but opposed to this is the fact that in our large cities more than one-half of spoon-fed infants die in their first year, during the summer months. Of those that live through this period, how many do so with constitutions so enfeebled as to yield at the first onset of acute disease?

#### The Duty of Nursing.

It is no fanciful statement that the most hardy and vigorous races are those that uniformly suckle their young, and that the rugged health and uncompromising virtues of our Puritan ancestry were bred in the bone through the milk they drew from their nursing mothers. "Blood will tell," surely, and so will *watered milk*; but the tale will

not be the same! What mother in health, who has once suckled her child, will willingly forego this privilege when opportunity offers? Not one, it would seem, who at sight of her child has felt the breasts swell and the milk rush, in glad anticipation of this maternal duty. But, alas! personal convenience, social pleasures, the dictates of fashion, so-called, are too often, even when some maternal instinct is present, permitted to override this highest *right* of the infant, the right to be nursed by her who gave it birth. We would not be understood as implying that it is the duty of *all* mothers to suckle their offspring, as in very many cases this is not only impracticable but inadvisable, and this, too, from the standpoint of the child's interest. What we would insist upon is, that the decision should never be made from any *other* standpoint. Professional advice should, in all such cases, be sought and the responsibility placed where it belongs.

#### Rich and Poor Cow's Milk.

A coarse test of the richness of milk is the amount of cream furnished by a given volume of it. This, in pure cow's milk,

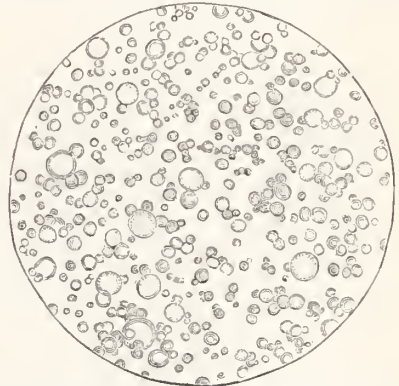


FIG. 1.—Cow's milk of good quality, as it appears when greatly magnified. The space is pretty evenly covered with numerous well-developed and shining drops of fat, floating in a clear fluid.

averages from eight to fourteen per cent. of its bulk, but some samples range much higher. Other ingredients of milk are essential factors in its composition, but the fat globules, of which cream is largely made up, may be taken as its type. If you look at a drop

of healthy cow's milk through the lenses of a microscope, you will see the field of vision filled with globules of fat, having a yellowish blue color and a pearly gloss. These are in motion, and vary in number with the richness of the sample. Samples of poor and adulterated milk are recognized, under

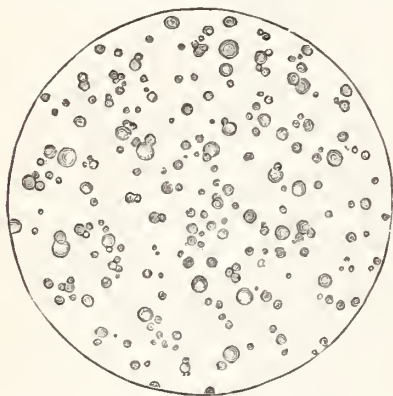


FIG. 2.—Cow's milk of poor quality, as it appears under a microscope. Compared with the adjoining sample, it shows fewer, smaller, and less perfectly developed fat-globules.

the microscope, by the diminished number and size of the fat globules. (See Figs. 1 and 2.)

#### Causes that Affect Human Milk.

As it is true that pure and healthful milk cannot be had from a sick or diseased cow, so is it equally true that it cannot be given by a human being who does not look after her health. Who does not know that the milk of a nursing mother is promptly affected by numerous causes, mental and physical, acting upon herself? Tourtnal relates the instance of the sudden death of an infant during the act of nursing, after the mother had been violently excited. The infant ceased nursing, gasped, and died in its mother's arms.

Bouchut mentions the case of a woman who saw her infant fall to the ground. The flow of milk immediately stopped, and did not reappear until the child had sufficiently recovered to take the breast. The occurrence of convulsions in the infant, while nursing from an excited mother, has been reported. These statements are entirely credible, and only bear out the analogy furnished us by the others of the animal kingdom.

All dairymen know the importance of carefully watching over the care and treatment of their herds. A quiet, unexciting life, of even tenor and regular habits, food that is simple, nourishing in quality, and generous in quantity, are essential requisites. Human milk is markedly alkaline, and undergoes acid fermentation with difficulty, when compared with cow's milk. This advantage is readily overcome, however, by an injudicious dietary. The consumption of sourish fruits or vegetables soon acidulates the mother's milk, rendering it at once a source of intestinal disturbance to the nursing.

#### The Crime of Milk Adulteration.

It is said that men will give or do anything to save their lives, but are willing to do little to preserve that vigor and harmony of function which we call health. Our laws enforce the rigorous examination of all cow's milk brought into this city. Skilled inspectors and chemists are employed to test, with scientific instruments and by chemical analysis, the purity of our milk supply. Rigid penalties are enforced for the adulteration of this most necessary food; for it is as clearly a murderous act to slowly poison an infant by rendering its food insufficient to support life, as by a more rapid and violent method.





## TESTING A CHILD'S AFFECTION.

BY AGNES N. DALAND.

ONE bright spring morning I was called from my household cares to see a near neighbor who had been taken suddenly ill. As the girl who answered the bell offered to show me to the sick-room, a sturdy three-year-old boy came forward and put his hand in mine, evidently with the intention of being my companion. I was secretly in doubt as to the propriety of his presence upstairs, for I knew him to be a mischievous and noisy little rogue, although a sweet and winning one. But, as the girl was so well satisfied with the arrangement as to go immediately back to her duties in the kitchen, I had no choice but to accept the young gentleman's services as escort. He prattled incessantly all the way upstairs, but as we neared the closed door at one end of the hall the little tongue suddenly grew quiet and the little tramping feet began to move more slowly. In answer to my knock a weak voice said "Come in," and I entered a darkened room, where lay my friend, looking so white and spent with suffering that I instantly forgot the baby in my solicitude for her. But as soon as the first greetings and inquiries were over, the little boy came up to the bed and, gravely putting his arms around his mother's neck, kissed her cheek softly several times. Then he turned away and began quietly playing with his toys in one corner of the room.

I stayed there all that morning, doing what I could for the invalid, and during the whole time the little fellow remained in the room, sometimes playing, sometimes talking to me, but never failing to go to the bed every few minutes to repeat his first silent

caress. Quiet as he was about it, I feared that it might be too much for his mother's nerves; so I said to her once, "Does he not tire you? Hadn't I better take him away?" The instant answer came, with a tightened clasp of the weak arm around the baby form, "No, indeed! He never disturbs me; he is a perfect little comfort." Then looking up at me, her eyes dimmed with happy tears, she added, "And to think that I have always been afraid that my baby had no affection for me!"

Probably no one would care seriously to dispute the almost self-evident truth, that while parents have an instinctive love for their own offspring, the affection of children for their parents is something which will not grow without cultivation. A vivid proof of this axiom is to be found in the fact that there are nine cases of filial ingratitude for one of parental neglect. Nevertheless, parents as a rule do practically count upon a vast amount of natural affection in their children without ever taking any pains to ascertain whether it is really there, and are often grievously disappointed at sudden bursts of selfishness from their darlings at a time when they feel that they have some right to demand a little return for all their love and care.

We are all too apt to imagine that the child who is lavish of kisses and sweet words has "a very affectionate disposition," but as a matter of fact the only true test of a child's affection is to be found in its willingness to deny self for others, and not in the number or frequency of its spontaneous caresses. It is only necessary to refer to the invalid friend and her child to demonstrate

this point. This young mother had really tortured herself into the belief that her baby did not return her love. From his birth he had been averse to all caresses and had seldom given a voluntary kiss even to his mother. He had been surrounded with the deepest love from his very cradle, and yet had rarely been moved by it in the least. To the question, "Do you love mamma, Baby?" he would often laughingly answer "No, Baby *don't!*" And pure mischief as the words were, uttered only to tease, yet they had cut the mother to the heart. But now when laid aside, unable to care for him, she was to learn that this mere baby really loved her. He subdued his boisterous propensities as soon as he came near her room, never teased for amusement or the gratification of any wish, ran without prompting for anything he saw she wanted, and, what was by no means least in her eyes, he now lavished upon her those caresses even one of which she had asked for in vain when she was strong and well.

This mother had *not* taken her child's love for granted. She had prayed over his lack of affection, she had tried in every winning way to instil love into his baby heart, and now when she was stricken down her prayers were answered and she had the reward of her labors.

In marked contrast to this story was what I observed in the house of another friend. The mother was expecting to welcome another little one to her arms, and during the last few months she was feeling very miserable. I have seen her six-year-old daughter come in from school or play, and throw herself upon her mother with a violence which must have been torture to the poor shattered nerves. She would cover her mother's face with kisses, but at the same time would be making a request for some indulgence which her childish fancy craved. If denied, she would whine and fret until the weary mother was almost distracted; if the wish was granted, she would be as noisy in her expression of pleasure. This friend has told me more than once that her little girl is positively *angry* when

she sees that her mother is ailing in any way!

Another little girl only five years old, a much petted child, and moreover of such a nervous temperament that excitement made her almost hysterical, one day saw her mother prostrated in a moment by some mysterious attack. Many fears were entertained for the child, who had often given way utterly in less serious cases. But the little maiden went quietly about the house and never made a sign of her intense feeling until several days after, when the worst was over, and then she said to her mother: "Mamma, I was awfully frightened, I thought you were going to die that night, and I felt like crying every minute, but I didn't cry at all." Who will say that I have not stated the true test for a child's affection?

In spite of the two favorable instances which I have mentioned, I truly believe that where the crucial test is presented the child's love will be found wanting in nine cases out of ten. Of course this will be denied by those parents who are accustomed to place an extravagant value upon the caresses of their children (caresses too often offered, I fear, as bribes for some desired pleasure), but I leave it to all who have any acquaintance with children, whether the majority of the little ones will ever voluntarily make any considerable sacrifice of their inclinations for the sake of their parents.

Nevertheless, I do earnestly believe that this selfishness on the part of children is much more the fault of the parents than of the children themselves. Very few children are naturally unselfish, but almost all are naturally generous, and when that faculty is appealed to it generally responds quickly and gladly. Parents are always hurt by a child's ingratitude, but they usually bear the hurt in silence, so that the child has not the least idea what an injury it has inflicted, and is probably at the same moment harboring in its swelling little heart a feeling that its parents are harsh in judgment, arbitrary in punishment, and utterly careless of their child's happiness. If two grown persons felt in this way towards each other



their manner would betray them, an explanation would be asked, and the matter set right; but the downcast look in a child is accounted sullenness; if he looks sad he is in a pet. No one thinks of asking an explanation of his depression, or of trying to get at the root of his trouble.

How many parents take any pains to ascertain what their children think of them? Do not smile incredulously. A child's opinion is worth something. I care a great deal more about what my boy thinks of me than I do about the opinions of my neighbors. And how can we be at all sure that they view us in the right light unless we find out what they do think?

We have a right to look for love and gratitude from our little ones on account of what we do for them. Not for doing our duty to them, that is their right; but how many parents do for their children just what is required and no more? For every parent who simply "does his duty"

by his children, there are nine hundred and ninety-nine who are sacrificing self every day of their lives in order to do the very best possible for the children whom God has given them. For this we rightly demand a return; for the daily self-denial, for the sleepless nights spent in planning for the loved ones, for the tears shed over their sorrows, for the smiles bestowed upon their joys, for the love which overshadows them from the cradle until they go out into the world, for the prayers which follow them even then—for all this we have reason to expect that they will love us and bless us. But even for this they cannot be thankful until they know something about it. Give, then, your children your confidence and demand theirs in return. Teach them to love you just as you teach them to love God; else, the affection which they feel for you will be nothing higher than the instinct of the animal which stays near the hand from which it receives food and warmth.



## HOW INFANTS LEARN TO USE THEIR EYES.

BY WILLIAM BUCKINGHAM CANFIELD, A.M., M.D.,

*Visiting Physician to the Union Protestant Infirmary, Baltimore.*

EVERY intelligent mother watches with pride the development of her child. Next to joy felt at the first few sounds uttered is the pleasure experienced when the young infant recognizes the face of its mother.

### Development of the Sense of Sight in the First Months.

It has been said that man is born blind. Comparatively speaking this is true to some extent. The sense most early exercised by the new-born infant is the sense of sight; but here it has the power only to distinguish

light from darkness, and it is, therefore, in comparison with its later development, blind. The human species brings nothing into this world, while in many of the lower creatures the senses are at birth fully developed. What a difference there is between the dull eye of the new-born infant and the sharp vision of the young chick, which is able to pick up with precision a grain of corn, or even snap up a fly, while the egg-shell may be still sticking to its back! The eye of the infant, however, is developed very gradually, and during infancy and childhood

it learns how to see. In the first few days it notices the difference between light and darkness when the light is very intense, and it may even knit its brow in sleep if a bright light be brought close to its face. On the same principle, a strikingly bright color will also be noticed when held close to the face. In all these cases, however, the infant follows the object by turning its head, and not by the movement of the eyes. The eyelids open and shut from birth, but they are not always moved at the same time with the movements of the eye-balls until the infant has reached the second or third month. Under two or three months of age infants do not wink when the hand or an object is waved before the face, because they do not see the hand distinctly, and also because they do not associate the idea of fear with this movement.

#### **The Appreciation of Distance.**

One of the remarkable points of interest in the development of the infant's power of vision is the way in which it learns to appreciate the objects seen. It has to learn to discover the distance of objects, their shape, size, character, etc., and this it does with the assistance of the sense of touch. The infant reaches inco-ordinately after an object, not having a clear idea of its appearance before the first year of life. The face of the mother or nurse is made familiar in that they are brought so close to the infant's face.

#### **Double Vision.**

After the infant has learned to see objects distinctly at the distance of several feet it begins to use both eyes in common. At first the eyes act independently of each other, so that it undoubtedly has double vision, and sees everything double. This double vision, or diplopia, as it is called, is present because the eyeballs, moving independently of each other, receive different images, and it is not until these images are reflected with accuracy on the corresponding parts of both eyes that the child loses the diplopia. This double vision can be produced by many at will, by looking "cross-

eyed." Often the eyes do not act together at all, when there results a squint, and in this case the child, no longer an infant, uses one eye only, while the other is comparatively useless. This form of squint in children of six to eight and older can best be remedied by an operation.

#### **Touch Aiding Sight.**

But to return to the infant: after it has learned to fix an object and see it clearly, it has also learned to appreciate that this object is not upside down, for at first everything appears as upside down to the infant, and it is not until the sense of touch corrects this delusion that the eye understands the true state of affairs. Now, the infant having reached the point when it sees an object clearly, and appreciates that it is not reversed or upside down, it must also begin to understand objects of three dimensions—that is, to find out the difference between a flat surface and a solid body. Here the sense of touch also assists. The infant grasps an object, and putting it to its lips and face satisfies itself as to the shape, character, etc.

#### **Effects of the Recovery of Eye-Sight by Blind Persons.**

It is interesting in this connection to note some cases in which a person born blind recovers sight when grown. In one case a young man who had lost his sight in early infancy was so completely blinded that he could not distinguish even the strongest light from darkness. After an operation on one eye had been successfully performed he began to see objects without understanding them—not being able to judge their distances from his eye—and he felt as if everything was touching his eye; so that to touch an object he at first would put one finger or the hand up before his face pointing at the object aimed at, and reach forward until his finger came in contact with the object. After he had recovered the use of both eyes he began to find out that everything was not flat, but that many things had a certain thickness as well as length and breadth, and in this way he began to learn to see solid ob-

jects. But even for a year or two after complete recovery he was unable to decide whether a certain figure was a flat surface, as in a painting, or a solid body. He was also obliged to learn the different animals and objects, not knowing the difference between a cat or a dog until he had touched them.

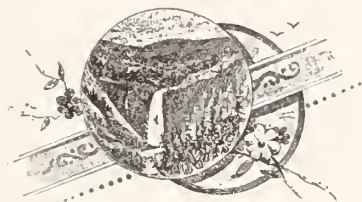
#### Learning to See.

I have purposely related this case in full, to show that we all go through just the same process of learning how to see in infancy, and it is only because we learn so gradually, as the sense of sight becomes more and more developed, that it is no great surprise to us. We appreciate solid substances as such, because our two eyes being normally about two and one-half inches apart we see different parts of an object with each eye, and then appreciate the idea of its solidity. Even the practised eye may be deceived in perspective. Take the stereoscopic view, for instance: we know that the two views on the one card represent the same subject, but taken from a slightly different point of view. This, when

looked at through the stereoscope, gives the impression of relief or solidity, because the two pictures taken from different points are so changed by the refracting glasses in the stereoscope that the images fall on corresponding parts of the two eyes. The child may be two or three years, or even older, before it has control over its eyes and can judge of the distance of objects in the room, etc.

#### The Protection of the Eye.

The care of the eye is a question of great importance for mothers and nurses. The eyes of new-born infants should be carefully washed with fresh, clear water, and if anything unusual is noticed, the physician should be seen. The infant's eyes are especially to be protected against too bright a light. It is by no means an uncommon thing to see a nurse wheeling a young infant in the carriage while the bright sun is pouring into the child's eyes. This does not argue against taking infants into the sun when the weather is not too warm, but the eyes should always be protected against the bright glare, whether direct or reflected.



## NURSERY PROBLEMS.

### Amount of Fruit for a Child of Two Years.

To the Editor of BABYHOOD:

BABYHOOD'S judgment would be esteemed a favor in answer to the following question. Are two oranges and two apples too much fruit for a child two-and-a-half years old to eat in a day? X. X.

New York City.

A categorical answer cannot be given. Two oranges, properly prepared, given as part of a breakfast, or at a fixed time in the morning so as not to spoil the next meal, are probably harmless, unless there is some sign of speedy indigestion—i.e., within a day or two. Many children cannot eat them at all safely. Apples

are usually to be given cautiously to children so young. It is a fruit that should be well chewed, and little folks are not as a rule good and careful chewers. For some persons they create no disturbance, but for many, especially those with a tendency to flatulent indigestion, they are very hard of digestion. If your child has for a considerable time taken the amount of fruit indicated without bad result, we must assume that it has unusual power of digesting such things. If fruit is given for a laxative purpose, the problem is different; baked apples then become not so much an

article of nutrition as a medicine. On the average a child of two-and-a-half years should be restricted to say half of a good-sized apple, pared and cored.

### A Delicate Child.

*To the Editor of BABYHOOD :*

(1) Please give me your opinion as to the advisability of including soft-boiled eggs, or eggs poached in milk, in the bill of fare of a delicate boy of two years. He likes so few things that I know he should have, but he likes eggs, and they agree with him as far as I can judge. Others tell me he is too young for such food, so in my perplexity I appeal to you.

(2) He does not walk alone yet. Do you think it is wrong for me to allow him to wear the low ankle-strap shoes? Should he wear some to support his ankles, which seem weak? Perhaps I should explain to you that I was very ill before his birth, and not expected to recover, and he came prematurely. He had a wet-nurse for two weeks, after which I nursed him for three months, and then he was obliged to be brought up on the bottle. He has had four or five severe illnesses, and each time it seemed impossible for him to recover; but for six months he has been wonderfully well, and for him even quite vigorous. He has fourteen teeth, but in spite of every care the four front ones are decaying. He has all the care that love and means can give, and yet is almost a year behind others of his age except in brightness and intelligence. He cannot talk, but understands all we tell him, is obedient, and sings in his own sweet little way a great deal. Please be patient with my long letter; I study your pages most earnestly, and appeal to you for the first time.

*New York City.*

A YOUNG MOTHER.

(1) The little boy has been retarded as the result of so many illnesses and physical disadvantages so that, as you say, he "is almost a year behind his age." Ordinarily we should permit eggs to a child of his age with whom they agreed. And as in these cases of retarded development the retardation is not universal, we should be inclined to try the eggs in his case, at least occasionally, watching, of course, for signs of indigestion of any sort. If he can digest them they will be distinctly useful.

(2) If the ankles turn under him we should prefer high shoes. We should use no other support if the ankle simply shares the weakness of the whole limb.

### Sucking the Tongue.

*To the Editor of BABYHOOD :*

Will you please tell me if anything can be done to prevent a baby's forming the habit of sucking his tongue, or what can be done to break up the habit if already formed? M.

*Natick, Mass.*

We know of no remedy, except coaxing, that is not worse than the malady. The latter has but two ill effects (and these rather annoyances than anything more): increased flow of saliva, and occasionally the swallowing of air, which may make colic.

### Quinine as a Cause of Deafness.

*To the Editor of BABYHOOD :*

My boy, now nearly four years old, has had quinine prescribed for him several times; the first time for what seemed to be malaria, latterly for some heavy bronchial and catarrhal colds. It acts well on him in every way except that it seems to cause some deafness. This comes with the colds more especially. Does BABYHOOD think quinine in doses of a little under a grain, three times a day, could affect the hearing seriously or permanently? Ohio.

ANXIETY.

BABYHOOD does not think that the dose named would permanently affect the hearing. The catarrhal cold very often has the effect, through the connection between the throat and ear, of causing temporary (or even prolonged) deafness when no quinine has been taken.

### Slow Gain in Weight—Throwing-up Milk after Nursing—Stopping Night-Nursing.

*To the Editor of BABYHOOD :*

Would you be kind enough to give me a little advice about my baby, as I am a very young mother with no experience about children except what I obtain from the valuable pages of BABYHOOD. I am worried about my baby's apparent lack of growth. She is just six months old. When she was born she weighed eight pounds, now she weighs only thirteen pounds. A week ago her first tooth made its appearance; perhaps that is one reason why she has not gained any lately.

(1) Do you think she has nourishment enough? She has had nothing but my milk since she was born. She has a good appetite, nursing regularly every three to four hours during the day and night. I have plenty for her, but I thought she might get stronger if she had in addition to her present food something more nourishing. She has always thrown up a considerable quantity of her milk shortly after nursing. I thought she would get over that as she got older, but she does not seem to.

(2) Do you think she is troubled with indigestion, or do all babies act the same?

(3) She has been troubled with constipation ever since her birth, is very easily excited, and seems very nervous, but otherwise she is well and remarkably bright, sometimes not crying all day. At other times she is very restless, especially at night, not sleeping more than an hour or two at one time during the night. Do you think I should discontinue nursing her at night? It is the only way I can get her to sleep after she awakens. Please answer and oblige.

AN ANXIOUS MOTHER.

*Allegheny, Penn.*

(1) She weighed eight pounds at birth, at six months thirteen pounds, but has already a tooth. Her gain is less than the average, but her tooth-cutting is not behind-hand. It would be well if you noted her gain in length, for some healthy babies are never very fat. In estimating the progress of a child in weight, one should consider whether the prevailing size of the relatives on both sides is such as to give hope of large size in the child. You do not show that the baby is not strong, only that it is not heavy. If



your milk is abundant and seems to satisfy her there is no reason to give her additional nourishment till after hot weather. If there are other reasons of anxiety than those you have mentioned, a single visit to a good physician will set you on the right track.

(2) The mere fact of regurgitation of milk directly after eating is not a sign of indigestion. All babies do not thus throw up their milk, but many do. After a sucking the child should lie down, or be kept as quiet as possible, as this favors the retention of the food.

(3) At her age we do think night-nursing—*i.e.*, between, say, the mother's bed-time and early morning (10 P.M. to 5 A.M., for example)—should be discontinued. It would give rest to Baby's stomach, rest to you after a few nights' discomfort, and your better rest would bring better milk. A drink of water, a good deal of coaxing, and firm refusal of the breast will presently win the battle.

**Coated Tongue—Rings Under the Eyes—Corn-Starch as a Toilet Powder—Short Dresses—Time for Weaning.**

*To the Editor of BABYHOOD:*

(1) My little girl is three months old, weighs about thirteen pounds, a gain of six pounds since birth, and seems well, being plump, sleeping well, etc. Her tongue has a white coating from the roots nearly to the middle of the tongue, the end being clear. What does it indicate, and shall I do anything about it?

(2) Also she has dark bluish shadows under her eyes, which I cannot account for; she sleeps eight hours at night without nursing, and after nursing falls asleep again for two or three hours; has also a nap of three or four hours in the forenoon, and several "cat-naps" during the afternoon, so it seems as if it could not be caused by lack of sleep, which is usually assigned as the reason for dark rings.

(3) Is there any harm in using corn-starch as a toilet powder for her? If so, what should I substitute? I used it thinking that as it was white and unperfumed, it was safer than the "baby powders," but was told lately that the powder, being vegetable, would ferment and make the skin tender and sore.

(4) How long should Baby's first short dresses be—should they cover the feet or come just to the tops of the feet?

(5) How soon should the breast milk, which is of good quality and abundant, be supplemented by other food? And what should the other food be?

Wollaston, Mass. A LOVER OF BABYHOOD.

(1) If washing the tongue after each feeding or sucking does not remove it, it probably means a slight disturbance of the stomach.

(2) The dark rings may be due to a very transparent skin, or to the stomach condition suggested above.

(3) A bland mineral powder is preferable for the reason you have heard. Bismuth is good; common soapstone (talc), very finely powdered, is

very cleanly. A preparation of the latter is sold for the purpose under the name of the "Compound Talcum Powder."

(4) In warm weather to the tops of the feet.

(5) If it continues good and abundant, there is no need of supplementing it until the child is ten months or more of age. You are already familiar with BABYHOOD's predilection for good milk, properly diluted, as an infant food.

**Boiled and Unboiled Milk.**

*To the Editor of BABYHOOD:*

I weaned my nine-months-old baby a few weeks ago; since then his passages have been of a peculiar white color, at least of a yellowish-whitish hue. We feed him with good cow's milk from the bottle, adding a little lime-water to it. He seems to be well, weighed twenty-two pounds at seven and a half months, and is the happiest little fellow one can imagine. He has, however, no teeth yet. Does the color of his passages signify anything? Recently I have read several interesting articles in German magazines, written by the greatest German authorities, on the use of unboiled milk; they claim that it is absolutely necessary to boil milk in order to make it healthful. The peculiar taste it derives from the boiling is prevented by boiling the same a number of hours before usage. I have been in the habit of giving our babies uncooked milk. Will BABYHOOD kindly state its opinion on the above?

Walla Walla, W. T. C. R.

In answer to another "Problem" we have spoken of the color of the stools. The milk should be diluted for a nine-months child by adding one part of water to two of common milk. If "top milk" is used, take about three of milk and two of water, and diminish the water gradually as the child grows older. We do not believe in the necessity of *boiling* the milk; we have considered the question of sterilizing milk in the July number.

**Constipation.**

*To the Editor of BABYHOOD:*

My little girl, now seven months old, appears to be a healthy and happy child, but there are a few things about her that trouble me, and as to which I wish to ask your advice. She has always been constipated, her bowels seldom moving more than once a day, and sometimes but once in two days, so that I have had to give her enemas frequently. I am trying to teach her regular habits, and now her bowels move quite regularly, but the passages are nearly always very hard, and are either a very light, almost clay color, or a dull, dark yellow, generally the former. Her food since she was a few weeks old has been Imperial Granum. In preparing it I did not boil the milk, according to directions, for fear of increasing her constipation, and, for a time, I used oatmeal-water, in place of pure water, but it had no effect. After several months' trial, I decided it could not be the proper food for her, and last week commenced feeding her Mellin's Food. I see no improvement in the condition of her bowels, and she vomits curds frequently, while before she seldom

vomited. Please give me your opinion on the following points :

(1) What is probably the reason of the light color and hardness of the fæces ?

(2) Ought I to change her food again ? If so, what food is more loosening ? If not, what can I give her as a harmless laxative ? A. L. C.

*Canaan, N. Y.*

(1) The color is generally attributed to a deficient amount of bile in the fæces, but it sometimes is due to an excess of milk curd passing away in the stool. Both causes may contribute to the hardness.

(2) Mellin's Food often acts as a laxative, and if you wish to use prepared food we know of none more loosening. If it has not produced the desired effect already, we would advise a consultation with your physician, because the setting right of the character of the movements will, in that case, probably be necessary to the relief of the constipation ; and the medicinal treatment necessary for this correction is rather beyond domestic practice.

#### **Proper Food for a Child of Sixteen Months—Diluting Milk—Slow Teething—Proper Intervals for Nursing.**

*To the Editor of BABYHOOD :*

Will you please give me your opinion as to whether I am doing the right thing for my children ? My little girl is sixteen months old. She seems strong and well, is very plump and very merry, although she has a small frame. She sleeps from seven P.M. to seven A.M., and on awaking has a bottle of Soluble Food, merely to keep her quiet until breakfast. She then has bread and butter, oatmeal or rice, after which she lies down with her bottle of milk—one cup of milk and a little water, slightly sweetened. This she takes three times during the day and at our dinner hour she has a piece of corn-bread and a piece of sweet potato. She has only five teeth and a sixth coming through. (1) Do you think she has sufficient and proper food ? (2) Should I still dilute her milk, and if so when shall I stop it ? (3) Why, do you think, is she so slow in teething ? (4) I nurse my boy, who is six weeks old, every two hours. Is that too often, and if not, when can I lengthen the time between and how much ?

*Norfolk, Va.*

M. C. W.

The child is sixteen months old and has six teeth (nearly). At that age the average is twelve teeth. Doubtless she has no molar, grinder teeth. BABYHOOD has often expressed its doubts of the propriety of giving to children without chewing-teeth food which particularly needs chewing, as is the case notably with starchy food. This child has in a day one bottle of Soluble Food, three bottles of slightly diluted milk, a breakfast of bread and butter, oatmeal or rice, and a dinner (hour not stated) of corn-bread, and a piece of sweet potato—in all six meals ; four would be enough, the quantity at a time being increased.

(1) The sufficiency depends upon the size of the bottles which are used in giving the Soluble Food and the milk. If the large-sized—eight-ounce—bottle is used, the total quantity would be a quart, and may be sufficient. The liquid food is all proper. We cannot say the same for the solid food. The oatmeal is a very nutritious food, if it can be digested ; but, supposing it is the ordinary porridge, it ought to be chewed for the sake of mixing saliva with it. The butter of the butter-bread is useful. Ordinary bread is a hard thing for a child without chewing teeth to digest. To such a child rice and corn-bread are even more difficult problems, and sweet potato at least as difficult. We are well aware that children do sometimes apparently thrive who eat all these things, but they thrive because of unusual digestive power. Each of the articles is proper diet later, and those given for the child's breakfast are proper after the teeth are complete. The "average" baby cannot properly manage corn-bread and sweet potato for some time after that.

(2) It is no longer necessary to dilute her milk, and it would be better if she were no longer using a bottle. A cup or tumbler would be better. The milk may then be mixed with oatmeal gruel, which is rather an addition to than a dilution of its strength.

(3) There may be many causes for the delay, but it is probable that the delaying causes have been helped by the incomplete digestion of starch.

(4) An interval of two hours is very fair for a six weeks' child, but it should be presently increased to two and one-half by day, three hours by night, and each month again increased ; by six months five nursings in twenty-four hours are usually enough.

#### **Constipation and Colic—A Probable Cause of "Wind-Sucking."**

*To the Editor of BABYHOOD :*

(1) My baby is eight weeks old and receives all her nutriment from its natural source. She is troubled with constipation and colic, resulting from indigestion, I think, as indicated by the small curds in her passages. My own bowels have been regular for a week past, but the baby's are still only moved by the use of a soap-pencil, or enema. Her colic is not very bad and does not last long, but I would like to have her perfectly well if possible. Profiting by the advice given in BABYHOOD to mothers whose infants were similarly affected, I have given her Maltine, but it has failed to do any good. Please tell me what to do.

(2) Extract of malt dissolves starchy food. Is there any starch in breast milk ?

(3) I have been giving the baby a rubber nipple to suck, with a cork in it, to keep her quiet between

her nursing periods. It was recommended by a physician whose especial hobby is the care of infants and the lightening of a mother's burdens. Do you think it can do her any harm?

(4) Do you think three hours too long a time between nursings?

M. R. L.

Woodlawn Park, Ill.

(1) It does not appear how severe is the constipation, and we do not know whether it demands medicine or not. The mild colic can be met as it occurs by the use of tea of anise or mint. If the curdy indigestion is persistent, some pancreatine might help it, but you should have the dose advised by a physician who can judge of the child's needs.

(2) There is no starch in breast milk.

(3) It probably favors the habit of "wind-sucking," and, as a consequence, colic.

(4) It is not too long we believe.

### The Band for Bowel Trouble—Summer Dietary.

To the Editor of BABYHOOD :

My little girl of three years has always had weak stomach and bowels, and often has bilious attacks. The second summer she was very sick with cholera infantum, and last summer was troubled with summer complaint a great deal.

(1) Would you advise a thick flannel band over the bowels all this summer?

(2) How can I strengthen her? We have to be very careful of her diet, but even apples pass undigested. She looks well.

YOUNG MOTHER.

Rye Beach, N. H.

(1) We would recommend the band.

(2) During hot weather the dietary must be very simple. Our recent articles on the care of milk will help you. Soups with rice or barley (no vegetables) are useful variations. Meat not overdone and carefully chewed is to be given in moderate quantity. Very ripe peaches are generally allowable. Apples are usually to be avoided.



## CHILDREN'S USE OF MONEY.

CONTRIBUTORS to BABYHOOD have occasionally commented upon the importance of forming early impressions of the value of money; and a number of questions upon the subject having been raised by our readers recently, it has seemed to us desirable to give, at some length, the views of one of the best of writers upon matters connected with the early management of children, the late Jacob Abbott; we have accordingly obtained permission from the publishers, Messrs. Harper & Bros., to reprint the following from his admirable and indispensable *Gentle Measures in the Training of the Young* [copyright, 1871, by Harper & Bros.], a book already favorably known to many of our readers.

The money question in the management and training of children, says our author, is extremely important, first, in respect to opportunities which are afforded in connection with the use of money for cultivating and developing the qualities of sound judgment and of practical wisdom; and, second, the true course to be pursued with them in respect to money forms a

special point to be considered in its bearing upon the subject of the proper mode of dealing with their wishes and requests.

### Evil Results of a very Common Method.

If a parent wishes to eradicate from the mind of his boy all feelings of delicacy and manly pride, to train him to the habit of obtaining what he wants by importunity or servility, and to prevent his having any means of acquiring practical knowledge of the right use of money, any principles of economy, or any of that forethought and thrift so essential to sure prosperity in future life, the best way to accomplish these ends would seem to be to have no system in supplying him with money in his boyish days, but to give it to him only when he asks for it, and in quantities determined only by the frequency and importunity of his calls.

Of course under such a system the boy has no inducement to take care of his money, to form any plans of expenditure, to make any calculations, to practise self-denial to-day for the sake



of a greater good to-morrow. The source of supply from which he draws money, fitful and uncertain as it may be in what it yields to him, he considers unlimited; and as the amount which he can draw from it does not depend at all upon his frugality, foresight, or any incipient financial skill that he may exercise, but solely upon his adroitness in coaxing, or his importunity, it is the group of bad qualities, and not the good, which such management tends to foster. The effect of such a system is, in other words, not to encourage the development and growth of those qualities on which thrift and forehandedness in the management of his affairs in future life, and, in consequence, his success and prosperity, depend; but, on the contrary, to cherish the growth of all the mean and ignoble propensities of human nature by accustoming him, so far as relates to this subject, to gain his ends by the arts of a sycophant, or by rude pertinacity.

Not that this system always produces these results. It may be, and perhaps generally is, greatly modified by other influences acting upon the mind of the child at the same time, as well as by the natural tendencies of the boy's character, and by the character and general influence upon him of his father and mother in other respects. It cannot be denied, however, that the above is the tendency of a system which makes a boy's income of spending-money a matter of mere chance, on which no calculations can be founded, except so far as he can increase it by adroit manoeuvring or by asking for it directly, with more or less of urgency or persistence, as the case may require; that is to say, by precisely those means which are the most ignoble and most generally despised by honorably-minded men as means for the attainment of any human end.

Now, one of the most important parts of the education of both girls and boys, whether they are to inherit riches, or to enjoy a moderate income from the fruits of their own industry, or to spend their lives in extreme poverty, is to teach them the proper management and use of money. And this may be very effectually done by giving them a fixed and definite income to manage, and then throwing upon them the responsibility of the management of it, with such a degree of guidance, encouragement, and aid as a parent can easily render.

#### Objection to the Plan of a Regular Allowance.

There are few parents who will not, from time to time, allow their children *some* amount

of spending-money in a year. All that is necessary, therefore, is to appropriate to them this amount and pay it to them, or credit them with it, in a business-like and regular manner. It is true that by this system the children will soon begin to regard their monthly or weekly allowance as their due; and the parent will lose the pleasure, if it is any pleasure to him or her, of having the money which they give them regarded in each case as a present, and received with a sense of obligation. This is sometimes considered an objection to this plan. "When I furnish my children with money," says the parent, "as a gratification, I wish to have the pleasure of *giving* it to them. Whereas, on this proposed plan of paying it to them regularly at stated intervals, they will come to consider each payment as simply the payment of a debt. I wish them to consider it as a gratuity on my part, so that it may awaken gratitude and renew their love for me."

There is some seeming force in this objection, though it is true that the adoption of the plan of a systematic appropriation, as here recommended, does not prevent the making of presents of money, or of anything else to the children, whenever either parent desires to do so. Still the plan will not generally be adopted, except by parents in whose minds the laying of permanent foundations for their children's welfare and happiness through life, by training them from their earliest years to habits of forecast and thrift, and the exercise of judgment and skill in the management of money, is entirely paramount to any petty sentimental gratification to themselves, while the children are young.

#### Two Methods of the Allowance Plan.

In case the parent—it may be either the father or the mother—decides to adopt the plan of appropriating systematically and regularly a certain sum to be at the disposal of the child, there are two modes by which the business may be transacted—one by paying over the money itself in the amounts and at the stated periods determined upon, and the other by opening an account with the child, and giving him credit from time to time for the amount due, charging on the other side the amounts which he draws.

1. *Paying the money.* This is the simplest plan. If it is adopted, the money must be ready and be paid at the appointed time with the utmost exactitude and certainty. Having made the arrangement with a child that he is to have a certain sum—six cents, twelve cents, twenty-five cents, or more, as the case may be—every Sat-



urday night, the mother—if it is the mother who has charge of the execution of the plan—must consider it a sacred debt, and must be *always* ready. She cannot expect that her children will learn regularity, punctuality, and system in the management of their money affairs, if she sets them the example of laxity and forgetfulness in fulfilling her engagements, and offering excuses for non-payment when the time comes, instead of having the money ready when it is due. The money, when paid, should not, in general, be carried by the children about the person, but they should be provided with a purse or other safe receptacle, which, however, should be entirely in their custody, and so exposed to all the accidents to which any carelessness in the custody would expose it. The mother must remember that the very object of the plan is to have the children learn by experience to take care of money themselves, and that she defeats that object by virtually relieving them of this care. It should, therefore, be paid to them with the greatest punctuality, especially at the first introduction of the system, and with the distinct understanding that the charge and care of keeping it devolves entirely upon them from the time of its passing into their hands.

2. *Opening an account.*—The second plan, and one that will prove much the more satisfactory in its working—though many mothers will shrink from it on the ground that it would make them a great deal of trouble—is to keep an account. For this purpose a small book should be made, with as many leaves as there are children, so that for each account there can be two pages. The plan of keeping an account obviates the necessity of paying money at stated times, for the account will show at any time how much is due.

There are some advantages in each of these modes. Much depends on the age of the children, and still more upon the facilities which the father or mother have at hand for making entries in writing. To a man of business, accustomed to accounts, who could have a book made small enough to go into his wallet, or to a mother who is systematic in her habits, and has in her work-table or her secretary facilities for writing at any time, the plan of opening an account will be found much the best. It will afford an opportunity of giving the children a great deal of useful knowledge in respect to account-keeping—or, rather, by habituating them from an early age to the management of their affairs in this systematic manner, will train them from the beginning to habits of system and ex-

actness. A very perceptible effect in this direction will be produced on the minds of children, even while they have not yet learned to read, and so cannot understand at all the written record made of their pecuniary transactions. They will, at any rate, understand that a written record is made; they will take a certain pride and pleasure in it, and impressions will be produced which may have an effect upon their habits of accuracy and system in their pecuniary transactions through all future life.

#### Interest on Balances.

One great advantage of the plan of having an account over that of paying cash at stated times is, that it affords an opportunity for the father or mother to allow interest for any balances left from time to time in their hands, so as to initiate the children into a knowledge of the nature and the advantages of productive investments, and familiarize them with the idea that money reserved has within it a principle of increase. The interest allowed should be altogether greater than the regular rate, so as to make the advantage of it in the case of such small sums appreciable to the children—but not too great. Some judgment and discretion must be exercised on this as on all other points connected with the system.

The arrangements for the keeping of an account being made, and the account opened, at any time when convenient the entry may be made of the amount which has become due since the time of the last entry. And when, from time to time, the child wishes for money, the parent will look at his account and see if there is a balance to his credit. If there is, the child will be entitled to receive whatever he desires up to the amount of the balance. Once in a month, or at any other times when convenient, the account can be settled, and the balance, with the accrued interest, carried to a new account.

All this, instead of being a trouble, will only be a source of interest and pleasure to the parent, as well as to the children themselves, and, without occupying any sensible portion of time, will be the means of gradually communicating a great deal of very useful instruction.

#### Employment of the Money.

It will have a great effect in "training up children in the way in which they should go," in respect to the employment of money, if a rule is made for them that a certain portion, one-quarter or one-half, for example, of all the

money which comes into their possession, both from their regular allowance and from gratuities, is to be laid aside as a permanent investment, and an account at some savings-bank be opened, or some other formal mode of placing it be adopted—the bank-book or other documentary evidence of the amount so laid up to be deposited among the child's treasures.

In respect to the other portion of the money—namely, that which is to be employed by the children themselves as spending-money—the disbursement of it should be left *entirely at their discretion*, subject only to the restriction that they are not to buy anything that will be injurious or dangerous to themselves, or a means of disturbance or annoyance to others. The mother may give them any information or any counsel in regard to the employment of their money, provided she does not do it in the form of expressing any *wish*, on her part, in regard to it. For the very object of the whole plan is to bring out into action, and thus to develop and strengthen, the judgment and discretion of the child; and just as children cannot learn to walk by always being carried, so they cannot learn to be good managers without having the responsibility of actual management, on a scale adapted to their years, thrown really upon them. If a boy wishes to buy a bow and arrow, it may in some cases be right not to give him permission to do it on account of the danger accompanying the use of such a plaything. But if he wishes to buy a kite which the mother is satisfied is too large for him to manage, or if she thinks there are so many trees about the house that he cannot prevent its getting entangled in them, she must not object to it on that account. She can explain these dangers to the boy, if he is inclined to listen, but not in a way to show that she herself wishes him not to buy the kite. "Those are the difficulties which you may meet with," she may say, "but you may buy the kite if you think best."

Then when he finds that he cannot manage the kite, or that he loses it among the trees, she must not triumph over him, and say: "I told you how it would be. You would not take my advice, and now you see how it is." On the contrary, she must help him, and try to alleviate his disappointment, saying: "Never mind. It is a loss, certainly. But you did what you thought was best at the time, and we all meet losses sometimes, even when we have done what we thought was best. You will make a great many other mistakes, probably, hereafter in spending money, and meet with losses; and this

one will give you an opportunity of learning to bear them like a man."

#### **The Most Implicit Faith to be Kept with Children in Money Transactions.**

I will not say that a father, if he is a man of business, ought to be as jealous of his credit with his children as he is of his credit at the bank; but I think, if he takes a right view of the subject, he will be extremely sensitive in respect to both. If he is a man of high and honorable sentiments, and especially if he looks forward to future years when his children shall have arrived at maturity, or shall be approaching towards it, and sees how important and how delicate the pecuniary relations between himself and them may be at that time, he will feel the importance of beginning by establishing, at the very commencement, not only by means of precept, but by example, a habit of precise, systematic, and scrupulous exactitude in the fulfilment of every pecuniary obligation. It is not necessary that he should do anything mean or small in his dealings with them in order to accomplish this end. He may be as liberal and as generous with them in many ways as he pleases, but he must keep his accounts with them correctly. He must always, without any demurring or any excuse, be ready to fulfil his engagements, and teach them to fulfil theirs.

#### **Possible Range of Transactions between Parents and Children.**

The parent, after having initiated his children into the regular transaction of business by his mode of managing their allowance-fund, may very advantageously extend the benefits of the system by engaging with them from time to time in other affairs, to be regulated in a business-like and systematic manner. For example, if one of his boys has been reserving a portion of his spending money as a watch-fund, and has already half enough for the purchase, the father may offer to lend him the balance and take a mortgage of the watch, to stand until the boy shall have taken it up out of future savings; and he can make out a mortgage-deed, expressing in a few and simple words the fact that the watch is pledged to him as security for the sum advanced, and is not to become the absolute property of the boy till the money for which it is pledged is paid. In the course of years a great number of transactions in this way may take place between the father or mother and their boy, each of which will not only be a source of interest and enjoyment to both parties, but will

afford the best possible means of imparting, not only to the child directly interested in them, but to the other children, a practical knowledge of financial transactions and of forming in them the habit of conducting all their affairs in a systematic and business-like manner.

The number and variety of such transactions in which the modes of doing business among men may be imitated with children, greatly to their enjoyment and interest, is endless. I could cite an instance when what was called a bank was in operation for many years among a certain number of children, with excellent effect. One was appointed president, another cashier, another paying-teller. There was a ledger under charge of the cashier, with a list of stockholders, and the number of shares held by each, which was in proportion to the respective ages of the children. The bank-building was a little toy secretary, something in the form of a safe, into which there mysteriously appeared, from time to time, small sums of money; the stockholders being as ignorant of the source from which the profits of the bank were derived as most stockholders probably are in the case of larger and more serious institutions. Once in six months, or at other periods, the money was counted, a dividend was declared, and the stockholders were paid in a regular and business-like manner.

The effect of such methods as these is not only to make the years of childhood pass more pleasantly, but also to prepare them to enter, when the time comes, upon the serious business of life with some considerable portion of that practical wisdom in the management of money which is often, when it is deferred to a later period, acquired only by bitter experience and through much suffering.

Indeed, any parent who appreciates and fully enters into the views presented in this chapter will find, in ordinary cases, that his children make so much progress in business capacity that he can extend the system so as to embrace subjects of real and serious importance before the children arrive at maturity. A boy, for instance, who has been trained in this way will be found competent, by the time that he is ten or twelve years old, to take the contract for furnishing himself with caps, or boots and shoes, and, a few years later, with all his clothing, at a specified annual sum. The sum fixed upon in the case of caps, for example, should be intermediate between that which the caps of a boy of ordinary heedlessness would cost, and that which would be sufficient with special care, so that both the

father and the son could make money, as it were, by the transaction. Of course, to manage such a system successfully, so that it could afterwards be extended to other classes of expenses, requires tact, skill, system, patience, and steadiness on the part of the father or mother who should attempt it; but when the parent possesses these qualities, the time and attention that would be required would be as nothing compared with the trouble, the vexation, the endless dissatisfaction on both sides, that attend upon the ordinary methods of supplying children's wants—to say nothing of the incalculable benefit to the boy himself of such a training, as a part of his preparation for future life.

#### Evil Results to be Feared from Lack of System.

Nor is it merely upon the children themselves, and that after they enter upon the responsibilities of active life, that the evils resulting from their having had no practical training in youth in respect to pecuniary responsibilities and obligations will fall.

The great cities are full of wealthy men whose lives are rendered miserable by the recklessness in respect to money displayed by their sons and daughters as they advance towards maturity, and by the utter want, on their part, of all sense of delicacy, and of obligation or of responsibility of any kind towards their parents in respect to their pecuniary transactions. Of course this must, in a vast number of cases, be the result when the boy is brought up from infancy with the idea that the only limit to his supply of money is his ingenuity in devising modes of putting a pressure upon his father. Fifteen or twenty years spent in managing his affairs on this principle must, of course, produce the fruit naturally to be expected from such seed.

#### The Great Difficulty.

It would seem, perhaps, at first view, from what has been said, that it would be a very simple and easy thing to train up children thus to correct ideas and habits in respect to the use of money: and it would be so—for the principles involved seem to be very plain and simple—were it not that the *qualities which it requires in the parent* are just those which are most rare. Deliberateness in forming the plan, calmness and quietness in proposing it, inflexible but mild and gentle firmness in carrying it out, perfect honesty in allowing the children to exercise the power and responsibility promised them, and an indulgent spirit in relation to the faults and errors into which they fall in the exercise of it—



these and other such qualities are not very easily found. To make an arrangement with a child that he is to receive a certain sum every Saturday, and then after two or three weeks to forget it, and when the boy comes to call for it, to say, petulantly: "Oh! don't come to bother me about that now—I am busy; and besides, I have not got the money now"; or, when a boy has spent all his allowance on the first two or three days of the week, and comes to beg importunately for more, to say: "It was very wrong in you to spend all your money at once, and I have a great mind not to give you any more. I will, however, do it just this time, but I shall not again, you may depend"; or, to borrow money in some sudden emergency out of the fund which

a child has accumulated for a special purpose, and then to forget or neglect to repay it—to manage loosely and capriciously in any such ways as these will be sure to make the attempt a total failure in respect to teaching the boy to act on right principles in the management of money, and training him to habits of exactness and faithfulness in the fulfilment of his obligations. But in making him a thoughtless, wasteful, teasing, and selfish boy while he remains a boy, and fixing him, when he comes to manhood, in the class of those who are utterly untrustworthy, faithless in the performance of their promises, and wholly unscrupulous in respect to the means by which they obtain money, it may very probably turn out to be a splendid success.



## BABY'S WARDROBE.

### How One Baby was made Comfortable during Hot Weather.

As the warm weather will still be upon us for a long time perhaps a hint as to how I kept my baby cool one exceptionally hot summer may be of help to some mother and baby in their fight against the heat.

My boy came in June, and although he was the first, I had, nevertheless, very decided notions about the little creature's comfort. I had always loved and nursed every baby I could get my hands on, and had often pitied the delicate little bodies burdened with all that superfluous lawn, lace, and embroidery. So my baby dresses were made so short that by the time the little one was ready for short ones the long ones were almost short enough. He had very fine, thin flannel shirts, low-necked and short-sleeved, but wherever it touched him the delicate skin was reddened with heat. So when he was a month old I took off the last bit of flannel, and in another week his costume was limited to a slip and a "didie." Still the dear little fellow would fairly drip with perspiration

whenever he slept, so I determined to find him a cool nap-nest, and I did.

A soft cotton hammock, closely woven instead of netted, proved just the thing. Hooks were put up in several different places, on the north porch for early morning, on the east porch for afternoon, and diagonally across the bed for windy or rainy days, or for evening. And there through the hot summer days my baby swung, nothing under him but a very thin pillow for his head; and so accustomed did he become to the open air that even on cool days I often had to line his nest warmly and put him out of doors to get him to sleep, and never a cold had he.

I have since concluded that he was unusually warm-natured, for now he keeps perfectly comfortable, and even perspires, under cover and clothing that would be utterly insufficient for some children. Still there are days, and many of them, when it will be the greatest possible relief to a child to have its body relieved from contact with the bed; and a soft hammock, well stretched, gives to every motion of the



little form and supports every part alike, so that every muscle is rested.

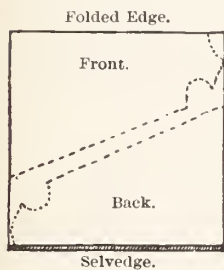
*Bartow, Fla.*

BEULAH R. STEVENS.

### The Gertrude Suit and the Jaeger Flannel.

NUMBER TWO is now seven weeks old, and as I look over his wardrobe and furnishings I wonder how I could have managed Number One without this or that which I find so useful and convenient now. Many of the improvements are due to BABYHOOD, and some are my own ideas, or those of friends. I wish especially to speak a word for the Gertrude Suit, which is thoroughly satisfactory, lessening to a minimum the time and labor of dressing, giving perfect freedom to the child's body, and at the same time perfect protection.

One writer complains that the garments require more cloth than the old style; but by cutting the back with the straight edge on the selvedge of the flannel (making a seam below the buttons) no more is necessary, except that for the sleeves; their coming over the shoulders is made up for by



their not being as long as the ordinary skirts.

I used the Jaeger Co.'s stockinet for the undergarment, and find it just the thing. It is woven round and round, as one would knit a stocking, so there is no need for a centre seam in that. Great care must be used to catch every stitch as you catstitch hems and seams, or the goods might ravel out. I sent for "drawers webbing," similar to those on common undergarments, to make the tiny wristlets; one pair of "webbings" will make three pairs large enough for Baby; sew the seams carefully over and over (one pair will have two seams, the others one), buttonhole-stitch one edge, and darn the other edge to the sleeve, which should be cut short to allow for the cuff; do not make the sleeve too short, as the cuff can be turned back at first, and then left down over the fast-growing little arms. I used a soft wash-silk for facings on which to sew the little flat buttons, and for the button-hole stand. Directions for washing the stockinet are sent by the Jaeger Co., and if they are carefully followed the garments look as nice as new.

Number One had by no means used up his flannels, and I felt almost guilty of extra-

gance in replacing them by a whole new set; but I have never regretted the change. The dresses were, of course, all right, except in the length of the best ones, and these I ripped from the yokes, shortened, and set back again. The cambric skirts were utilized by cutting them off the bands, shortening still more, and gathering them on to a straight yoke made of tucking and cut by the upper part of the Gertrude skirt pattern.

F. W. B.

*Fitchburg, Mass.*

### The Modified Gertrude Suit.

THERE have been a number of inquiries as to the details of the modified Gertrude suit, described some time ago in BABYHOOD, in reply to which I may be allowed to say a few words.

To begin at the beginning: the underskirt, which took the place of shirt, pinning-blanket, and band, was, in the case of my baby, of Jaeger stockinet. This was white, widest width, heaviest weight, and cost two dollars and a quarter a yard. About seven-eighths of a yard are required for a garment, and three garments are sufficient. The sleeves were made an inch longer than the Gertrude pattern, and this inch turned back in a hem. It is best to allow three or four inches beyond the Gertrude length, and to lay a box-plait down the front before cutting. The back ought also be an inch or so wider than the pattern, and this laid in two hems where the garment is opened. I tied mine in three places, with strings made of flannel binding, instead of using buttons. Three sets of buttons down the tender little back, on which the baby lies so much, seemed to me uncomfortable.

The next garment, the flannel skirt, was just the same, except a few inches longer and a half-inch wider everywhere. When the embroidered flannel, which cannot be gored, was used, the skirt was gathered on to a high-necked and long-sleeved flannel waist, Gretchen fashion. In addition to these two garments my baby wore nothing but his dress and a pair of long Jaeger socks, which came over his knees and were pinned to his diapers. He could never kick them off, as he did all of the numerous socks provided by admiring relatives, and so expose himself to colds by sudden changes of covering. The little feet and legs need extra protection, for an active baby will have feet and legs tossing about most of the time he is awake, so that the skirts alone do not cling closely enough for warmth.

At night my boy wore a short Jaeger shirt, his

long socks, and a long nightgown of grey Jaeger flannel, trimmed with pink or blue wash-silk, and feather-stitching to match. The short shirt has some advantages over the Princess garment under the night-gown, as it leaves the limbs greater freedom ; but it has a bad habit of slipping up, in spite of a shield-pin in front. However, most mothers will, I fancy, continue to use them, as they are very pretty, especially

when knit at home with the soft Jaeger worsted. If the Jaeger stockinet is used, the shirts had best be made long and rather snug, buttoned all the way down the front. Finishings of silk and feather-stitching make them very attractive. There are ready-made Jaeger infant shirts, but they are not pretty, are badly shaped, and very hard to get on and off.

Chicago. MARION FOSTER WASHBURN.

## MY LITTLE SWEETHEART.

BY ANNA M. PRATT.

THERE'S something far sweeter than arbutus blows,  
Or the odorous sigh from the heart of a rose,  
Or the daintiest flower-cup the humming-bird knows.

The perfumes of summer when borne on the breeze,  
The nectar of clover caught up by the bees  
And imprisoned in honey—'tis sweeter than these.

There's a dear little maid, and oh ! she's so fair,  
The sunshine is tangled in waves of her hair,  
And her eyes with their witcheries bid you beware.

When she wakes with a smile from slumber's eclipse,  
And I feel the caress of her soft finger-tips,  
There's nothing so sweet as her dewy-sweet lips.

For kisses so precious what measure in gold ?  
Of kisses so precious the half can't be told.  
Are there words for a darling but two summers old ?



## THE MOTHERS' PARLIAMENT.

### Teaching Children to Cautions.

To the Editor of *BABYHOOD* :

I HAVE seen mentioned in *BABYHOOD* different devices, all more or less ingenious, for preventing babies from falling out of their cribs ; but I do not remember to have seen it suggested that the babies themselves should be taught not to tumble out.

We have had four extremely active and mischievous youngsters, representing both sexes,

and have had three different kinds of cribs ; but we have never had extra high sides, nor have we ever had any serious accidents. As soon as the babies have been able to stand they have, of course, tried to see how far they could lean over, in spite of warnings and even punishment ; but we have usually found that one tumble, which, as the distance from the floor was not great, did not do much harm, was in nearly every instance sufficient to teach prudence. If an active child is determined to get out of the crib, it is diffi-

cult to make anything high enough to keep him in, and I have known of very serious falls from the extra height that was meant to be a protection. I have always had the crib next to my own bed while the baby was small, and if determined to get out of bed, they have very soon learned to climb over the side next the bed, and from there to get safely to the floor. I have found that it is very seldom that they try to get out of the crib—in fact, only when they have been left alone for some time after waking up—and as they are taught as soon as they can creep how to get off a bed safely, we have had very few bumps. It is wonderful how very soon a baby understands what is said to it and begins to use its reasoning faculties. Long before it can speak it can be taught that certain things have certain consequences, and if shown how to avoid them will usually prefer to do so.

We have also taught our babies, among the very first things, to go down-stairs backwards, even before they could walk. and I have often been very much amused to see a tiny mite carefully begin to back up while yet a long distance from the top step, and then feel its way along with a caution far beyond its age. To be sure my stairs are not the long, steep flights to be found in some houses; but they very soon learn their lesson so well that they go with perfect safety down a steep and winding back-stair, which from the fact of its being forbidden always has proved irresistibly attractive to each baby in turn. I used to have a gate there, but finding it usually left unfastened, I thought it safer to have nothing, as the children would try to reach over and fasten it themselves, thereby running the risk of a worse fall. I have now neither gates to the stairs nor wire fenders to the fires. The children are early impressed with the danger of playing too near the fire, and by putting the younger under the care of the older, thus giving them a sense of responsibility, we have been singularly free from accidents of all kinds. I don't mean to say that I would willingly leave the children to their own devices for hours together in the room with an open fire, but it often happens that the mother or nurse is obliged to leave the room for a little while, and it is a great comfort to be able to do this in safety without being obliged to have some one else come in.

I have also noticed that the children who are always surrounded with safeguards and nurses, and never made to rely upon their own common sense, are far more troublesome to take care of, and more likely to get into difficulties

if left for a moment alone, than those who have been taught to depend more upon themselves. Self-reliance is of such vast importance later on in life that the foundations for it cannot, in my opinion, be too early begun nor too deeply laid.

*New Brighton, S. I.*

MATER.

### The Baby's Weekly Weighing.

*To the Editor of BABYHOOD :*

From my own experience I would suggest one improvement on Mr. Carpenter's directions for a baby's weekly weighing. Instead of weighing an infant "without clothes," which seems to put it in needless danger of catching cold, weigh it in the usual dress; and either before or afterward (as most convenient) weigh all the clothing which was worn. It is best to re-weigh the clothes each time, as different sets of garments will vary slightly in weight. I use one of the Fairbanks "grocers' scales." It weighs by half-ounces up to sixty pounds, and has a large tin scoop in which a child over a year old can be laid. This scoop rests on a disc ten-and-a-half inches in diameter, upon which a child several years old can stand. Scales of this general type cost from about \$5 upward, according to how much they are capable of weighing.

I am greatly pleased with Mr. Carpenter's chart, as published in your June number, for showing the changes in weight. It gives a much better general view of the progress (or otherwise) than can be obtained by glancing at the weekly record put in writing. E. T. P.

*Danvers, Mass.*

### Natural History Studies for the Little Ones.

*To the Editor of BABYHOOD :*

I was much pleased to see that you recommend the teaching of botany to the little ones. During the winter I give my little boy and girl kindergarten work, and when the spring opens I take up with them lessons upon plants and insects. When I began these lessons my little girl was nearly three years old and my little boy was four. They enjoy the lessons exceedingly. They themselves find and bring to me many of the flowers and insects needed for the lessons. Several caterpillars which they brought in last fall changed to the chrysalis state, some of them spinning cocoons. We kept them through the winter, and two of them have already changed to moths, to the great delight of the children.

If the readers of BABYHOOD are interested to know just how and what I teach my little schol-

ars in natural history, I can easily write out one of my series of lessons. J. H. W.

*Newtonville, Mass.*

### Answers to "A Despairing Wail."

#### I.

*To the Editor of BABYHOOD :*

In the Fathers' Parliament, in a recent issue, an "Ohio Father," in "A Despairing Wail," says if there is any improvement upon the old way of bringing up children he would like to know it.

I wish to recommend a book, written by Jacob Abbott, which has been a great help to me in the discipline of my two little ones. It is entitled "Gentle Measures in the Management and Training of the Young." I do not agree fully with the author. I do not think the methods proposed by him free from faults, but I consider the book one of the best on this subject that I have ever seen.

I consider, also, the third chapter in Herbert Spencer's book, "Education," a most excellent guide in home discipline. I. H. W.

*Boston, Mass.*

#### II.

*To the Editor of BABYHOOD :*

"A Despairing Wail" in a recent number of BABYHOOD suggests the idea of my giving my experience in the management of my little son of twenty months. About six weeks ago his nurse, who has had the care of him ever since he was born, had to leave me, and I have had to change several times, and under these trying circumstances he has become doubly devoted to me. When I am ready to have him go out in his carriage I give him to his nurse, and though he cries at first bitterly, when I say: "Oh! no, he is *not* going to cry, he is going to be a good boy; his dear mamma knows he is; kiss mamma," the crying stops, and, though he has a very grieved expression, he puts his mouth up to be kissed and goes off resigned, and as soon as he is out of my sight is very happy. I have had considerable experience with children in one way and another, having several younger brothers, besides numerous nieces and nephews, and I find that taking everything as a matter of course is a very great assistance. Never ask a child if it will do this, that, or the other, but suppose it will, and by not suggesting the idea that it won't it usually falls in very easily. I think that a little tact saves a world of punishment.

*Boston, Mass.*

DISCIPLINE.

#### III.

*To the Editor of BABYHOOD :*

The "Despairing Wail" of an "Ohio Father" in the June number of BABYHOOD leads me to write upon a subject which has long been in my mind. Whether it will arrive too late to be of benefit to him personally is for him to decide and act upon or not as he sees fit.

We are all too familiar with the sad sight of a mother—yes, or a father too—being entirely at the mercy and caprice of a selfish and wilful child, whose word is law and who will be obeyed at whatever cost. What more despotic ruler can there be? The child is trained to become just such a tyrant, and the parent is the willing, affectionate, but blind tutor. That the evil seed takes deep root we are not surprised when the little one is taught, long before it can articulate a word, that she can have her own sweet way. She is even impressed with the fact there is a "her way," and urged to assert it.

"Does Baby want nursey to take her now? Mamma is tired." Baby clings with a wail, and Mamma says: "Well, she should stay with her own Mamma. Go away, naughty nursey, and don't make my little pet cry. There, there [soothingly], does Baby want mamma to walk with her or rock her?" So there is a choice. Baby naturally chooses a promenade, and tired mamma allows herself to humor the caprice.

As the child grows older the lesson goes on, and she, having learned "where there is a *will* there's a way," manages to have her own sweet way in every matter where there is a decision to be made. She takes matters at once in hand, carries her point, rules her fond mother in things both great and small, and ere that mother is aware she finds her child has usurped her place, while she becomes at last an unwilling subject. In a new sense "the child is father to the man." We can easily follow out the case. The lesson well taught and easily learned has taken deep root, and unless the parent is intensely aroused to the fact that an ugly weed has been allowed to spring up and thrive which must at all costs be rooted out, we have the sorrowful picture—alas! too often seen—of a selfish, overbearing child pushing to the wall and domineering over the sorrowing parent. Only the other day a mother remarked to me: "I can do nothing with my daughter; she has her own way in everything." Does the daughter love and respect the mother more or less for thus allowing her her own way?

Before I could fall very deeply into this er-



ror my eyes were opened to the apparently innocent beginnings by an older sister, the mother of two children. I was visiting my former home with my little boy, twenty-one months of age, where he was surrounded by relatives of every class, who were all too fondly ready to humor, pet, and consequently spoil my little man. It was the custom to meet together every morning in the family sitting-room, and before going to breakfast I would ask: "Whom does Baby choose this morning to carry him downstairs?" The little fellow would stand uncertain, surrounded by the fond grandpa and uncles, each with outstretched arms. It was indeed cunning to see him make a feint of going to his grandpa, and, just when about to be caught up, whisk about and fly to the arms of one of his uncles.

It was a little scene we all enjoyed every morning, until one day my sister said to me, as if paving a way for something unpleasant: "I think you manage your baby remarkably well, but you will not object to a suggestion, will you?" Fully assured upon that point, she went on: "If I were in your place I would not let my baby decide each morning as to who shall carry him down to breakfast. It is very cunning to see him, but I think it would be far better for you to take the matter in your own hands, and tell him who is to carry him down, and let him abide by your decision. You think the matter a trifling one, no doubt, but let me give you a little of my experience with Mary when she was a year-and-a-half old. We were spending a summer in the country, and every morning after breakfast I walked with her in the garden. There were paths which led in every direction, and when we came to a turn I always let her decide which way we should walk. The subject was an unimportant one, and I thought if it gave the child pleasure she might continue to do so. Upon our arrival at home, however, I found out my mistake. She at once began to assert herself unpleasantly in many ways, and became very wilful if she could not carry her point. She had found it pleasant to have her own way in regard to our walks, and wanted it at all times. Whenever there was a point at issue I had difficulty with her, and had I not been very firm with her from the first my trouble with her would have continued to this day."

It is hardly necessary to state that next morning my baby was told that his grandpa would carry him down to breakfast. He looked surprised, but went. Since then I have been very

observing, and have frequently noticed the mistakes other mothers are making in this line. Not long ago a friend called upon me with her little child, not yet two years of age. It was not long before the child became restless and said she wanted to go home. The mother said: "O darling, let mamma stay a little longer, please?" "No, I want to go now," petulantly exclaimed the child. The rest of the call was made up of vain pleadings with the child for *permission* to stay a little longer; but it was of no use, and off they went. It is not difficult for us to see where the fault lay. The mother, of course, is blind.

I have heard of a mother who wanted to spend the day with some friends, but before she could accomplish the setting-out was obliged to spend some time teasing her little daughter to accompany her. Dear mothers, would it not be more wise and kind to both ourselves and our children to take upon ourselves the character of arbiter, to let them feel that mother's word is not to be gainsaid, that she is wise and knows best on every point? If we do not begin wrong and teach our children this self-assertion by appealing to them concerning every little thing we do for them, our troubles in this line will be few. If we do just what is best, without saying anything to them about it, our law will never be questioned. "Mother says so" will be an all-sufficient reason.

JERNIA H.

Lancaster, N. H.

#### A Very Complete System of Government.

To the Editor of BABYHOOD:

Having read in a recent number the request from "One who dearly loves BABYHOOD" that some of the other mothers would give their experiences with mischief-loving little ones, who must sometimes be punished, I feel like trying to give her a little help if possible.

I am not a patient mother, and I have a little boy, twenty months old, who is not perfect by any means, but is almost constantly in mischief, so I can sympathize with her very fully. But having been an auntie before I was a mother, I learned many things about little ones' ways before my baby came. One truth was expressively brought out by my little four-and-a-half-year-old nephew, when his mother reproved him for getting into so much mischief. He said very plaintively, "Well, mamma, I *must* do something." That is it in a nutshell; they must be kept busy or they will find mischief. One good rule for even the younger babies is, never take anything away from them

without giving them something else in its place. If the little one is old enough to understand, offer it what you want it to have, saying, "Take this and let mamma have that," or something similar, and in almost every case a cry and much worry for mamma will be avoided.

Little ones can be a real help at a much younger age than many think. My little one, only twenty months old, puts away papa's slippers and brings papa's dressing-coat for me to hang up after papa has come to the office; helps me make beds by pulling off the covers and then bringing them to me when I am ready to put them on the bed again, and puts my work-apron away when I have done the dinner work. He is very imitative and wants to do whatever he sees us do. He has his little broom, and when I sweep, Baby sweeps too. When I get the dirt ready for the dust-pan he gets the pan, which always hangs within his reach, and, with a little showing, holds it in position while I sweep the dirt into it, and hangs it up after I have emptied it. Baby's "help," of course, often hinders more than it helps, but he is where I can see him and is out of mischief during the time he is helping, so that I do not have to be running after him; and I think when he is a little older this habit of "helping mamma" will be formed, and he will be more willing and better able to be a real help than if he were not allowed what he considers the *privilege* of doing now. A little praise or a kiss for doing favors makes little ones quite happy, and who of us would not willingly give happiness with so little effort?

Often my little boy's attention can be diverted from mischief by asking him where some favorite plaything is; he will immediately run and get it and often play with it quite a while. And if Baby is good and interested in something, don't distract his attention from what he is doing, for he may not get so much interested in being good soon again. A little piece of dough will keep Baby busy while I am making bread or pies; the button-box or darning-ball while I sew, and a pencil and paper or slate while I write. He delights in seeing me "give the plants a drink," and, contrary to the fears of grandma and auntie, I have had plants all last winter and a gasoline stove since before he was born and have neither lost a plant nor been blown to atoms by Baby's meddling fingers.

For disobedience I have a variety of punishments. I always tell him a thing several times

(too often, grandma thinks) before punishing for disobedience; and I always talk to him either before or after punishing, and explain why I had to do it. He has had few spankings, my plan being to punish that portion of his anatomy that does the mischief if possible. I tried spanking for neglecting to tell me when he wanted to use his nursery chair. But although I explained the reason to him, I found after the second time that it frightened him into not telling me at all. So the next time I washed the soiled parts in cold water—not any more water than was necessary, but perfectly cold. Done quickly with a sponge or rag, this is only a shock for a moment and does no harm. I explained while doing it that it must be done because he "didn't tell mamma and got all dirty." It worked like a charm. I never punish him for this, though, unless I know that he wilfully neglects to tell me, and I have had very little trouble since adopting the cold-water cure. Either slapping or tying the hands is the punishment for mischief done with them; slapping the legs for kicking when he is being dressed or changed. If he does not play right with the things that I let him have—puts buttons in his mouth, writes with his left hand, etc.—I take the things and put them away. When he is naughty at meals his chair is pushed back from the table and he is left to sit there without any more attention until he agrees to be good, when he is drawn up to the table again.

I think my baby is more easily conquered than some children and I indulge him all I can consistently. I find that after punishing him for any one act of disobedience several times, I only need to threaten him with punishment to bring him to terms. My ways may not be new to a great many mothers, but I give them for what they are worth, and hope they may be some help to the one who asked for help, if not to others.

ONE WHO WISHES TO HELP.

Cincinnati, O.

### The Object Method in Teaching Reading.

To the Editor of BABYHOOD:

Wouldn't reading be made easier, if instead of a cast-iron adherence to the word method, excellent as it is, some little divergence from it were allowed?

Wouldn't it be better to teach the very first words by the object method? Show the child a cat, at the same time the picture of a cat, and ask him, pointing to the first, "What is that?" The answer will be: "A cat." Now to the pic-

ture. "What is that?" And the answer will be: "A cat," as before, or better, "A picture of a cat." In either case *get* by question the latter answer. Now show the word *cat*, saying that this is another picture of a cat, easier to make and oftener used. Teach in this way some forty to fifty different names of familiar objects about the house. The idioms and verbs by the word method should be taught at the same time.

Despise not the phonetic method, even in next to the very earliest step. I have found that a child who knows *cat* and *fork* will take delight in getting the word *fat*, for instance, by the phonetic method. By teaching it (slightly only, not as an exclusive method) we give the child a means by which it may begin to help itself, by which it may begin to combine and reason. How can it do this with the word method alone?

I would begin, then, with the object method; for verbs and idioms take up the word method, even before we drop the object method, and carry them along together, and as soon as possible, certainly as soon as we drop the object method, take up the phonetic, and carry it along with the word method. We must early, very early, use the sentence or phrase method, and teach the child who can recognize the separate words to speak them only in phrases or sentences and not as detached words, and this should be carried along with the word and phonetic methods.

Further reasons for using the phonetic method are that we may thereby overcome defects in pronunciation, get clearness and accuracy, and accustom the child early to habits of phonetic analysis which will be of the greatest use to him during all his school-life at least.

B. R. W. must indeed live far in the backwoods if he or she finds the old alphabetic method in use in the schools. There have been some changes made in the schools in the last "two or three decades." This difference of method in teaching reading is trifling as compared with the difference between the method of teaching elementary arithmetic now and the old notation, numeration, addition, subtraction, multiplication, and division of "two or three decades ago."

A PEDAGOGUE.

New York.

### Keeping Baby at Home during the Summer.

To the Editor of BABYHOOD:

We all know how fortunate it is supposed to be if Baby can be taken to the sea-side, mountains, or even the country, for the heated term

while he is wrestling with trials incident to the heated term. Like thousands of others, I have shared this idea, but have come to believe that to remain at home (if it is comfortable, where you have your tried physician near, and need not "live in a trunk") is perhaps a better thing.

To begin at the beginning: Several years ago when our first little boy was born, an ordinarily healthy child, in my anxiety to be careful I kept on his long skirts, flannel and nainsook, when, at four months of age, the summer burst upon us in all its fierceness. As a consequence he became ill with summer complaint, his fever rising at times very high. The doctor stripped him of all clothing except his cloth, band, and light gown. His food disagreed with him, and all manner of new ones were tried without success. He was taken to drive at 5.30 in the morning and again late in the evening, but no improvement in his condition was visible. At last, when I was almost ill from anxiety and loss of rest, the doctor ordered him away. In haste and heavy-hearted I started, with an old and faithful nurse and the poor little sufferer, for Wisconsin, where he improved rapidly and remained well throughout the summer. His illness was not caused by teething, for his first tooth was not cut until the following November.

The next summer I packed up in June and started for the coolest region within my reach—Maine. Thinking to see something of the intervening country (to me an unexplored region) and feeling Baby was safe in travelling away from home, no matter how slowly we went, we consumed two weeks *en route*. We arrived at places at midnight, started again before day-break. All his regular habits were broken up, but, being fed on condensed milk, I had no occasion to worry about his food, which was agreeing with him perfectly. Baby was sixteen months old—old enough to notice the bustle and confusion of travel without understanding it—and being a nervous child, although apparently well, he developed a case of brain-fever at the end of his journey.

The responsibility fell heavily upon me, away from my husband (who to enable us to travel must remain at home) and among strangers, and it was a weary, weary trial, but the clouds broke at last and our little one came slowly back to us. It led me to think that, in trying to escape sickness, I had brought on another kind, but quite as bad.

When our second child came, two years ago

last March, I determined to profit by my lesson and BABYHOOD's teachings, and prepared his outfit for his second summer of the coolest and lightest linen lawn and linen, without tucks or ruffles to add heat, or lace edges to fret the already irritated, delicate baby skin. I weaned Baby the latter part of April, by advice of the doctor, as he was already eating many things, had six teeth, and it was thought best to get through with it before warm weather. Our house is just at the edge of the city but within its limits, having the advantage over most city houses of a twelve acre yard, quantities of shade-trees, our own cow and horse, and considerable elevation. Thus the temperature here is always several degrees lower than in the city. This summer had been looked forward to for a year as a dreadful nightmare. My husband urged me to seek cooler climes. I wavered, held myself in readiness to leave at a moment's warning, but determined to make the attempt to remain at home, in which my physician seconded me.

This is the diet we prepared for him, upon which he lived and thrived all the summer. Barley-water (made of Robinson's barley according to directions on the box) fresh every morning and placed in the refrigerator as soon as cool, and partaken of during the day and night. Baker's bread and butter, crackers and butter, chicken and mutton broths, beef-juice (obtained by slightly toasting steak and squeezing out the juice, which was carefully seasoned with salt), and occasionally a sponge-drop.

His days were spent almost uniformly in this way. He arose about 5:30 A.M., used his little chair—with some trouble at first—had his face and hands washed, was dressed in a band, cloth, skirt, dress, stockings, and slippers, went down-stairs to a breakfast of new milk boiled and cooled, bread and butter and barley-water, had his cap put on and a light cloak, if a cool morning, and went for a drive in the country until eight o'clock. Arrived at home he would sometimes take a little more breakfast, then play in the tan-bark walks until 9:30. It now began to be quite warm and we would bring him in, give him a drink of barley-water, and put him to sleep in the coolest room in the house.

Upon waking he would have a lunch just like his breakfast, would have his band changed, to avoid being chilled by the perspiration. Then he would play around in his band and cloth (on the fiercest days), and would sometimes have a low-necked slip added until dinner at 2 P.M., which would consist of broth or beef-juice, boiled milk, barley-water, and bread and butter; then play again until 5, when he would be bathed in pleasantly tepid water, have socks or stockings and slippers put on, a high-necked dress, sometimes also a skirt, have a few crackers to eat and go out in the yard under the trees, where he would play on the grass or ride in his buggy until 6:30, when he would have tea, a repetition of breakfast, and retire at seven or a little after.

At night Baby's crib stood by the open window, although he usually woke up and left it, according to habit, in the small hours of the morning, and was taken into my bed, where after a cool drink of barley-water (I had accustomed him only to a drink of water when I weaned him) and a piece of bread and butter (brought up at bed-time and placed between saucers to keep it fresh), he slept quietly on my arm until morning, when he awoke, only to repeat the life of the day before.

Will BABYHOOD approve of my methods, and will it think me venturesome in carrying out my idea? The two children were almost counterparts when at the same age, in build, weight when born, original health and disposition, with very different experiences, however, during the "second summer."

L. S. M.

*Louisville, Ky.*

#### Restlessness at Night.

*To the Editor of BABYHOOD :*

I am deeply interested in BABYHOOD, and wish every mother in the world could read it. I am anxious to know if anything can be done to make babies and children two or three years old lie still after they are put to bed at night. Mine go to bed at six o'clock, but like to play until they get ready to go to sleep. I should be so glad if some one would mention in BABYHOOD some way to keep them still and covered with the bedclothes.

YOUNG MOTHER.

*Rye Beach, N. H.*





## CURRENT TOPICS.

**Cooling and Drying the Cellar.**

A GREAT mistake is sometimes made in ventilating cellars and milk-houses. The object of ventilation is to keep the cellars cool and dry, but this object often fails of being accomplished by a common mistake, and instead the cellar is made both warm and damp. A cool place should never be ventilated unless the air admitted is cooler than the air within, or is at least as cool as that, or a very little warmer. The warmer the air the more moisture it holds in suspension. Necessarily, the cooler the air the more this moisture is condensed and precipitated. When a cool cellar is aired on a warm day, the entering air, being in motion, appears cool, but as it fills the cellar the cooler air with which it becomes mixed chills it, the moisture is condensed, and dew is deposited on the cold walls, and may often be seen running down them in streams. Then the cellar is damp and soon becomes mouldy.

To avoid this, the windows should only be opened at night, and late—the last thing before retiring. There is no need to fear that the night air is unhealthful—it is as pure as the air of midday, and is really drier. The cool air enters the apartment during the night and circulates through it. The windows should be closed before sunrise in the morning, and kept closed and shaded through the day.

If the air of the cellar is damp, it may be thoroughly dried by placing in it a peck of fresh lime in an open box. A peck of lime will absorb about seven pounds, or more than three quarts of water, and in this way a cellar or milk-room may soon be dried, even in the hottest weather.—*Medical Classics*.

**A Mast-head Survey at an Early Period of Life.**

SOME time ago an English lady who was living at Kingston, Jamaica, took passage on a homeward-bound vessel, taking her two-months-old infant with her. A large, strong, active monkey which was on board took a violent fancy for the child. The monkey would sit all day long watching the mother as she rocked and fondled her little one, and follow her from place to place. Several times the animal tried unsuccessfully to get the baby.

One beautiful afternoon a distant sail attracted the attention of all on board, and the captain

politely offered his glass to the lady. She placed her baby on the sofa, and had just raised the glass to her eye, when a cry was heard. Turning quickly, she beheld a sailor in pursuit of the monkey, which had grasped the infant firmly with one arm, and was nimbly climbing the shrouds. The mother fainted as the animal reached the top of the mainmast.

The captain was at his wits' end. He feared if he sent a sailor in pursuit the monkey would drop the baby, and escape by leaping from mast to mast. The child in the meantime was heard to cry, but the fear that the monkey was hurting it was dispelled by seeing the animal imitate the motions of the mother, dandling, soothing, and endeavoring to hush it to sleep. After trying in many ways to lure the animal down, the captain finally ordered the men below, and concealed himself on the deck. In a moment, to his great joy, he saw the monkey carefully descending. Reaching the deck, it looked carefully around, advanced to the sofa, and placed the baby upon it.

The captain restored the frightened infant to its mother, who was soon satisfied that her darling had escaped injury.—*Harper's Young People*.

**The Antiquity of Cradle-Rocking.**

THE practice of rocking seems to be almost as universal as the use of cradles, though modern intelligence seems to be inclined to abandon it. Till the past few years no English mother would ever have thought of adopting a cradle without rockers, and pretty much the same may be said of mothers all over the world.

However rocking may have originated, it is probably much older than history, and in mediæval England the official rocker in the aristocratic nursery was as well established a functionary as a turnspit in the kitchen. Royal nurseries had their staffs of rockers, who were deemed indispensable to the dignity and well-being of budding royalty. The infant son of James II. had not been born four-and-twenty hours before four rockers were appointed to his service, and the household of her Majesty Queen Victoria used formerly to comprise a similar staff, if it does not to this day.

It is interesting to observe that the swinging cribs that have become fashionable of late

years in upper-class nurseries, in which rocking has not been banished altogether, are resuscitations of a very old style of cradle. The bed in which slept the infant who afterwards became Henry V. is now preserved in Monmouth Castle. Henry was not born a prince, but he was the child of an English duke powerful enough to seize the English throne, and the solid and substantial, but not very sumptuous cradle now shown at Monmouth may no doubt be taken to represent the very best of its day. It is a heavy wooden receptacle, swinging between two massive upright posts on each of which is a falcon. It is merely a primitive type of the swinging bassinette of modern times.

But the oldest English cradle of which we have been able to discover any pictorial representation is not of this type. Among the very finest of the splendid collection of illuminated manuscripts in the British Museum is one dating from the fourteenth century, known as Queen Mary's Psalter. It presents a marvellous collection of hand paintings, among which is a picture of a lady asleep in a bed which looks to be several sizes too small to be comfortable. Her maid is drawing the curtains about her, and at the head of her bedstead is a crib, which also looks to be too small for the baby lying in it. From this picture it appears that five hundred years ago English mothers rocked their babies to sleep as they do now, and it would appear also that at that time they tied them up in those little chrysalis-like bundles common to the most civilized of continental nations and the rudest of North American Indians.

Hone, in his "Year Book," gives a picture of the solid oak cradle in which James I. lay as a child. It is a great deal more elaborate and ornamental than the crib of Henry V., which has about it a severe simplicity which seems to be very appropriate to the infancy of a great hero.—*London Standard*.

#### Public Dangers from Neglect of Street-Waifs.

REFORM is in the mouths of ward heelers and mugwumps alike, and has as many meanings as the promises of a politician. Its chief use, however, is to mark a reduction of taxes. Nobody in our congresses and legislatures seems to care whether public money is wisely expended, so long as the amount is kept within or below the limit established by precedent. If by cramping appropriations for schools, asylums,

and public works, the rate of taxation is lowered, the cry is taken up that a reform has been wrought, and the herd accepts the figures as proof positive. Thus partisan newspapers are just now boasting that the late legislature at Albany reduced the taxes of New York State eight one-hundredths of a mill on a dollar—a truly remarkable record.

Taxes ought to be increased until there are no ragged boys and girls growing up in the streets in ignorance of everything except vice. The State's self-interest, to say nothing of the welfare of children born of the very poor, demands that self-respect should be taught the little waifs whom society now rejects, and who will some day, as criminals and paupers, exact from society the debt it owes them now. Taxes should not be reduced until every lad in the State is taught to use his hands and eyes in some branch of industrial art, and every girl knows something about drawing, sewing, and simple housekeeping, as well as about the best books. One nation has acquired the wisdom that places self-protection above money-making. France is training her youths to surpass those of other countries in the arts that make a people honorably great. It will encourage imitation by persons who measure everything by the standard of a dollar to know that the French school system pays.—*Tid-Bits*.

#### A Choice of Evils.

FOR years the world has been on a moral crusade against the employment of children in mines and factories, while the far greater evils that result from the mothers going out as wage-earners have attracted comparatively little attention. Labor, within certain limits, is good for the child, giving it a wholesome moral discipline, and training it for the business by which it is to earn its livelihood; but, when a married woman has to neglect her natural duties for the responsibilities that properly belong to the other sex, it is time for humanity to protest in the name of her offspring. No one individual can fulfil satisfactorily the double, or, I should say, the triple function of bearing and rearing children, and providing for their maintenance. I am a laboring woman myself, and have met with some success as a bread-winner, and I know that the conditions of performing this function satisfactorily are quite incompatible with those arduous and important duties which make such heavy demands upon every conscientious mother, especially among the

poor. In the homes of the very poor there are no hired servants to keep the household machinery running smoothly while the mistress is away. The wife of the laboring man is frequently cook, nurse, house-maid, laundress, all in one; and if she must go out as a bread-winner besides, what is to prevent the domestic engine from running off the track and getting itself hopelessly ditched?

Of the two evils, if both are evils, I am persuaded that it is better that the child should go out to labor than the mother. Liberty, uncurbed by the check-rein of parental restraint, is a more than doubtful blessing for the loss of which the child that takes its mother's place in the shop or the mill is more than compensated by the advantage of having her care at home.—*Eliza F. Andrews, in Popular Science Monthly.*

#### The Boy of Five, and the Man of Sixty-Eight.

THE philanthropist, Henry Bergh, who did such a grand work for dumb animals, and in preventing cruelty to children all over the United States, seems to have possessed the qualities of sympathy with every phase of physical suffering by nature, and to have cultivated this quality with a marvellous persistency, executive ability, and the soundest judgment, from a child to the day of his death. At the age of five years he saw a little boy teasing and cruelly abusing a poor little dog. After due persuasion on Henry's part, and failure to succeed in rescuing the dog, he did what little boys say "pitched into" the boy, and gave him a tremendous beating in the fury of his indignation, but he rescued the dog.

From that early age we hear no account of Henry Bergh ever holding any physical fight during his entire life, but from his deep and earnest thought and study of the subject, and by extended observation, he organized a system so perfect for the Prevention of Cruelty to Animals, and to children, especially in large cities,

that societies have been formed in every city and town of any size all over the United States, and in many other parts of the world, solely on this one individual's example, and according to his organization.

Occasionally we hear, read, or know of some wild, bad, good-for-nothing boy who becomes a wise, noble, Christian man; but as a general thing, the boys of honest integrity, of thoughtful minds, who desire in childhood to be and to do the most with the material they possess for the glory of God and the good of humanity, are those who secure the greatest happiness for themselves, and bring most to the world. Every little child has a greater influence in many ways on children than grown people can possibly exert, while grown people have a greater influence in other directions. Every child should be taught from its earliest responsibility that it always exerts an influence for evil or for good with its associates.—*"Aunt Bess," in the Church Union.*

#### Painting the Lily.

It is said that some silly French mothers have adopted the fashion of painting their babies' faces to make them appear better-looking. In the public gardens babies of three years old may now be seen whose eyebrows have been blacked or dyed by their senseless mothers. Other anxious parents, distressed at the vulgarly ruddy and rustic hue of their children's cheeks, carefully powder them before sending them forth to meet the gaze and criticism of the world. Little coquettes of ten years are not permitted to go abroad until the regulation black stroke has been painted beneath their eyes. The doctors warn the mothers that when the children thus treated reach the age of sixteen they will have a colorless and ruined complexion, to say nothing of the injury to health, which is an argument less likely to produce much effect.—*Philadelphia Times.*





## HIGH-CHAIR PHILOSOPHY.

THE pastor's little girl, three years old, had been running up and down the room for some time, when she suddenly tumbled down. Papalooked up from his book, expecting her accustomed yell, when, to his surprise, she repeated in her indescribably droll manner the golden text of the previous Sabbath: "*God is the judge; he putteth down one and setteth up another.*"

It is well known that pins grow yellow with age, but little Georgie B— has a new name for them. The other day his mamma sent him to her toilet cushion in great haste, exclaiming: "Run, Georgie, and see if you can find me a pin of *any kind*." Georgie returned pinless, and demurely reported: "Mamma, I can't find a pin of *any kind*, neither white, black, or *cream-colored*."

Ruth, three years old, had patiently committed to memory the twenty-third Psalm. One day, at the table, as was frequently the case, she upset her cup of milk. Mamma's reproof was arrested by her quaint application of Scripture: "Mamma, that's my cup *that runneth over*."—*Mrs. M. E. B., Lowell, Mass.*

"Tommy," said the teacher, "if you should eat two-thirds of that apple and give one-third to your little sister, how much would be left for me?" "I guess, ma'am, you would have to eat the core."

A bright little girl of three, seeing a cloud envelop the moon, said: "Auntie, the moon is going to sleep now; see 'em pull the sheet up over it."

A teacher was hearing a grammar class of small beginners, of which Jim was a member. She was trying to make them understand about nouns. "Can you tell me," she said to the little boy, "what 'Jim' is?" He answered: "Mamma says I'm a case."

A little fellow, who had never seen cake with coriander seed in it, went visiting with his mother, and such cakes were handed around. After a little it was discovered that he was picking his cake to pieces. "Don't you like it, sonny?" asked the lady. "Oh! yes 'em," he replied, "and I am going to eat it, as soon as I pick all the fleas out."

Baby Fanny had been learning the catechism. So seeing a man pass who had but one arm, she called out: "Mamma didn't God have enough dirt to make that man another arm?"

A little boy laid his stick of candy on the mantel while he buttoned his shoes. Her sister seeing it, waltzed around the room, reaching the candy as she passed, and hastily eating it. When her brother had finished buttoning his shoes and reached for it, lo! it was gone. "You have my candy, miss; give it to me," he cried. "Brother," she answered, "if you ever eat that candy you will have to be the whale and I'll have to be Jonah."—*Mrs. B. R. I., Lexington, Mo.*

—Our four-year-old thus settled the question of his whereabouts on a Sunday morning not long since. One of his special lady friends said to him: "Homan, I did not see you in church yesterday; were you there?" "Oh! yes, I was there." "Where did you sit?" "I sat with mamma."

"Where did mamma sit?" "Why, she sat with me, of course." "Well, then, where did you both sit?" "Why, we sat both together, of course."

We enjoy watching his mental development, and are often amazed by his readiness to define some new word which he has added to his rapidly increasing vocabulary. The other day he used the word *promise*, and he was asked to tell its meaning. He replied: "To promise is to keep it in your mind, keep it in your mind, keep it in your mind till you *do it*." Webster gives no better definition I am sure.—*W., Medina, N. Y.*

—Little Rose, aged four years, saw a bunch of keys hanging from her Aunt Mary's belt. Running up to her and taking up one she asked: "Aunt Mary, what's this the key to?" Aunt Mary: "Oh! that's the key to my trunk." Rose, taking up another: "And what's this the key to?" Aunt Mary: "That is the key to my bureau drawer." Rose, taking up a third: "And what's *this* the key to?" Aunt Mary: "Well, that is the key to my portfolio." Rose, still persistent, holding up a fourth: "Aunt Mary, what is *this* the key to?" Aunt Mary, somewhat annoyed and wishing to quiet the little questioner: "Oh! that's the key to my *heart*." Rose, looking up gravely into Aunt Mary's face: "Then you had better give it to God and let him open it."

Little Clarence, aged three, had been taught to be very careful not to spill his milk while drinking. One day when at dinner he suddenly cried out to his aunt, sitting beside him: "Oh! Auntie Short, I'm spilling my milk." Auntie, looking down and seeing him drinking very carefully: "No, Clarence, you are not." Clarence: "Yes, I am. I'm *spilling it down my throat*."—*Mrs. E. M. S. B., Lowell, Mass.*

—Adelaide, aged four, sat on the floor playing with her doll, and asking her mother various questions about God and what he had made. After several fruitless efforts to make her doll stand, she was heard to exclaim: "Well, while He was about it He might as well have made this doll so she could stand up."

On another occasion she wanted to know who made the sky, and on being told, asked what God stood on while He was making it. A little later she propounded the question: "What does God have to sit on now up in heaven?"

Louise, aged three, was spending Washington's Birthday at her grandfather's. On coming in to lunch, after a searching look at the table, she turned to her aunt with a disappointed expression on her face and asked: "Where ith the cake and candleth?" On being told there were none, she then asked how soon the party would begin; on having it finally explained to her that George Washington was dead and that his birthday was still kept because he was such a great man, she exclaimed in a tone of great disgust: "Well, if he ith the deaded he can't have a cake or a party, I don't thee what he wantn to have a birthday for at all then!"—*M. A. I., New Brighton.*





# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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WE have heretofore pointed out the evils likely to result from a blind following of the maxims laid down in books professing to teach "painless child-birth," etc., through a dietary system during pregnancy, consisting chiefly of fruits and vegetables. A more vigorous protest should be made against the circulation of such. Some are advertised largely, and even commended (we will suppose ignorantly) by the religious as well as secular press, and, if extensively sold, have probably done a vast amount of harm to the careless and unthinking. "The regimen referred to," says a writer in the *Northwestern Lancet*, "consists principally in the avoidance of 'bone-forming foods,' so called—a most pernicious piece of advice, which, if rigorously followed, may indeed make labor easier, but at the expense of the child, which is likely to be puny and rachitic. We have seen within a year such a case, where the mother, after reading some such work as this, lived entirely upon fruits and vegetables during her gestation. The child's skull was soft as parchment; it was ill-developed, and the rosary of rickets was well marked. It perished of acute bronchitis after a miserable existence of a few weeks. An older child which had not been experimented upon was healthy and vigorous." It is startling to think that any considerable number of mothers have been led to embrace this worse than folly and more than sin. We are certain that a knowledge of the inevitable consequences of this trifling is all that is sufficient, but there

will always be a considerable number of the uninformed upon any and every topic of human weal, and all motives of philanthropy should join in the suppression of pseudo-medical works such as have been alluded to. It is the more unfortunate that books of this class frequently contain much that is of value, and which, by commending itself to the reader's judgment and experience, acts as a make-weight to gain confidence for all the theories laid down in it.

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Two French physicians, Drs. Hayem and Lesage, have recently been investigating the stools of children suffering from green diarrhœa. Their conclusions affirm that this condition, so common among the victims of infantile indigestion, is a contagious disease resulting from a peculiar bacillus or spore that can live and grow only in an alkaline medium. From this it is clear that an alkaline condition of the intestinal tract must precede their formation. Assuming, then, the above facts to be true, their bearing upon the treatment of these frequent disorders is self-evident. The first indication is that all food must be given in a perfectly sterile form, and in this connection the peculiar excellence of the Soxhlet milk-cooking process, described in the June number of *BABYHOOD*, comes into play. To render this effective, however, the complete removal of the fermenting and decomposing intestinal contents must be accomplished by a washing out of the stomach and large intestine. The immediate effects of this are the prompt cessation of vomiting and the tole-

rance of fluid food. To carry the process a step further and complete the disinfection of the intestinal tract, such food alone should be given that is not susceptible to fermentation. This can be most effectively brought about, according to Escherich and Hirschler, by the rigid exclusion of sugar, and foods containing it, from the dietary of children suffering from affections of the small intestine. White-of egg water, the various peptones and forms of albumen, are highly useful under these conditions, and are believed to be an unfailing means of avoiding the hurtful processes of fermentation and decomposition.

The addition of salt to milk, used as food for infants and children, serves as an excitant to glandular secretion and hence facilitates digestion. So in diseases where the digestive juices are deficient in quantity or altered in quality, and where muscular and secreting power are wanting, an ample supply of salt should be furnished. It has an action upon the circulation, too, that is highly conservative, stimulating vital processes by rapid tissue changes and the elimination of waste. Further, and what is most important, the addition of salt prevents the coagulation of milk by the gastric juice, and thus a fertile source of intestinal trouble among infants is removed. Human milk should receive its addition, too, of salt when its ingestion is followed by curdling and indigestibility. Dr. Jacobi, to whom we are indebted, through the *Archives of Pediatrics*, for the above facts, believes that the use of salt as thus indicated not only renders food more digestible, but through this result affects, beneficially, habitual constipation, when this is present in children.

Much has been written of the purity and innocence of childhood and infancy, but it is very clear, when we come to examine the matter, that purity, so far as it exists at such an age, is evidence of absence of mind; ignorance rather than the result of experience. Sophistication and simulation appear rapidly enough with the passage of the

months, and we no longer speak of the white flower as the symbol of the youthful intelligence. "A boy is better unborn than untaught," writes Plato, and it is here that the philosopher voiced the truth of the case, that education is the highway through which we attain purity of life and thought. We are led to these reflections by a monograph on "The Simulated Diseases of Childhood" (Thèse de Paris, 1888), by Dr. L. Dufestel, in which a considerable number of cases are reported where diseases and disabilities have been simulated by the very young through motives of personal interest. The learning of a disagreeable lesson, or the performance of some distasteful task, has been known to be sufficient cause, in several cases, for the feigning of a sickness, or prolonging of a real disease. Cases of this feigning have occurred at as early an age as four years, while the great proportion were among older children. It is interesting to trace the relation of a morbid heredity, defective training, or unsanitary surroundings as efficient causes in producing this unnatural and objectionable precocity.

A writer in the *British Medical Journal* pleads for a more general use of goat's milk for infants in place of that furnished by the cow. His recommendation is based upon the alleged immunity of the goat from tuberculosis and other diseases likely to affect the more phlegmatic cow, the suspicion of infection or adulteration that always surrounds cow's milk, and, lastly, the fact that the milk of the goat is more readily digested by infants. Goat's milk contains more albumen, more fat, and much less casein than cow's milk; it has, too, less sugar. This explains its greater digestibility. It could probably, in time, be furnished at a cheaper rate than cow's milk, owing to the more vigorous and independent life of the goat and its ability to thrive on a diet quite inadequate to the cow. But it does not seem probable that the milk of the goat, should it come into general use as an article of infant diet, would escape attempts at adulteration. Temptation would have the same effect upon

the unscrupulous as now, and any advantage on the score of purity is likely to be transient. But increased digestibility, owing to the very small quantity of casein, is an important advantage that cannot be gainsaid, and furnishes a decided argument in its favor.

The article on "Untruthful Children," which we print this month, suggests the question whether the ordinary conversation of parents who are given to habits of exaggeration or sarcasm in speech may not have an important influence in leading children into mistaken uses of language with no evil intent. "Dear me!" an impatient mother may say, "where *have* you been playing? Here you have got this white dress, clean this morning, as black as coal!" The dress may be badly soiled with street dirt, but even the little three or four-year-old knows that it is not as black as coal, and will not hesitate to use a similar extravagance of speech when it suits its convenience, but under totally different circumstances, and without the power of discrimination that is able to make a difference between a careless expression and a deliberate lie. "I was up the entire night with that baby," a father might easily say in the presence of an older child, who, perhaps sleeping in the same room, saw him retire as usual and rise in the morning, unconscious that the father was several times awake and walking with the junior. With sarcasm the case is the same. Newspaper paragraphs abound in accounts of the doings of children who take for granted the ironical remarks of their elders, especially about neighbors and friends; and many are the unjust scoldings and punishments following the perfectly honest and well-meaning actions of trustful little ones. When we consider the complex reasonings that a wholly immature and inexperienced mind must use to form a conclusion as to what is the evil element in a falsehood, we should hesitate long before deliberately furnishing the material for a wrong impression. Particularly must we remember that the *first* impressions, so likely to be the strong and ruling ones,

are to be gained almost entirely within our own doors and in our own direct influence, for by the time our child is old enough to be left considerably in the care or society of others its ideas of truth and untruth are pretty well defined. The responsibility, then, is ours, and we cannot be too cautious how we use or abuse it.

Responsibility to the public in regard to the occurrence of cases of infectious disease is often held at so slight a tenure that its evasion is considered entirely venial. In this city the law makes the report of such cases compulsory upon the attending physician within a period of twenty-four hours after the recognition of the disease. Violators of this law are liable to prosecution and a heavy fine. In this direction, then, the necessities of the case are probably, for the most part, met. But cases are constantly occurring in which, absent from home or place convenient to them, parents and individuals suffering from infectious disease have not scrupled to occupy hotels, and sit in crowded cars or stages, while hurrying homeward, exposing hundreds with whom they may thus be brought in contact. A recent case in Chicago is reported in which the proprietor of a large hotel allowed a case of measles to remain in his house where there were many children thus exposed. The announcement of the truth would have probably been followed by the emptying of his house, and his motives of self-interest can, of course, be understood; but the selfishness of the family exposing him to such a dilemma and his patrons to such danger is little short of criminal. It is not long since a certain physician of this city was prosecuted by the Board of Health for piloting a case of recognized small-pox to the hospital set apart for this disease by way of street-cars and the elevated railroad. The rights of the public must be maintained to an exclusion of every preventable source of contagion, and the reckless disregard of the ordinary precautions of this character should be visited by severe penalties.



## THE RIGHT AND WRONG USE OF DRUGS.

BY FLOYD M. CRANDALL, M.D.,

*Attending Physician for Diseases of Children, Out-Door Department of Bellevue Hospital, New York City.*

MANY of the minor ailments and slight disorders of children are universally treated at home, and properly so. Few realize how much may be accomplished in these slight complaints by proper management without actual medicinal treatment. Certain drugs, however, have found their way into the nursery, and are in general use in the home treatment of children. Some of these are safe, and with ordinary care may be used without danger. Others are eminently unsafe in unskilled hands. It is the purpose of this article to describe briefly the action of these remedies and show wherein they may be unsuitable for general use. Some of the most certain and reliable in the physician's hands may, from their very potency, become the most unsafe without his directions. Home treatment should in ordinary cases be limited to what may be termed management as opposed to the administration of drugs.

### Opium.

Opium is not, as a rule, well borne by children. As prescribed by the physician, it is one of the most reliable weapons against disease. As indiscriminately used by mothers and nurses, it has probably done more harm than any other drug. It is exceedingly complex and its actions various. It stimulates the heart and increases secretion from skin and kidneys. It decreases the secretion of stomach, bowels, and liver; deadens the nerves of sensation, thus relieving pain; produces sleep; and by paralyzing the muscular coat of intestines and bronchial tubes checks their movements. It quickly disturbs digestion and destroys the appetite.

Its after-effects are seen in headaches, fretfulness, impaired appetite, and deranged digestion, with all their attending ills. When given to obtain one result, as the production of sleep, it may at the same time produce others. Hence its possibilities for injury are readily seen. A few doses of paregoric to allay the cough of bronchitis in a young child may, if the conditions are right, by checking the raising of phlegm, produce capillary bronchitis, one of the most fatal of diseases. By retaining decomposing matter in the bowels it may change a simple to an inflammatory diarrhœa, while in disease of the brain it may easily produce a fatal result. It is an ingredient of nearly all the patent and made-up cough mixtures of the drug-stores. Soothing syrups depend almost exclusively upon it for their action, no matter what the labels may say, and are dangerous in direct proportion to their power to produce sleep. For the little pains and everyday ailments opium and the mixtures that contain it should never be used.

### Stimulants.

The most effective and reliable stimulant for children is good brandy. It is certain in action and usually well retained. The dose varies widely in different cases, and is frequently too large. As a general rule, subject to frequent modification, two or three drops may be given at one month, with a drop additional for each month up to one year. It is to be diluted with enough water to take away the sting—remembering always that Baby's throat is less used to irritation than an adult's. Both upon moral and physiological grounds the frequent use of alcohol



with children cannot be too strongly condemned. It is not impossible that such use may lay the foundation for an appetite in later years. It should be used only when stimulation is demanded, and never for colic or the minor disorders of daily occurrence.

Aromatic spirits of ammonia is the best substitute for purely alcoholic stimulants. It should be given in cold water, in doses of five to ten drops at one year.

#### Emetics.

Ipecac is one of the most common of domestic remedies. Though its emetic action is decided, it produces but slight nausea, and usually not marked depression. Its use is followed by perspiration and free secretion from the bronchial tubes. It is therefore of value in the dry stage of bronchitis. As an emetic, unless haste is demanded, it is best to give it in small doses frequently repeated. The syrup is the best preparation, and should be given in twenty-drop doses with plenty of warm water every fifteen minutes. It is a frequent ingredient of cough mixtures, but should be used only when the cough is hard and tight. The custom of giving it in full doses several times daily is wrong. It is thus required only in extreme cases of suffocative bronchitis, and should be prescribed by the doctor. Powdered alum, a teaspoonful or less in syrup, is an excellent emetic and comparatively safe. It may be given alone or to aid the action of syrup of ipecac.

Syrup of squill is a common remedy in bronchitis, but is more irritating than syrup of ipecac. The compound syrup of squill, moreover, is sometimes given instead. It contains tartar emetic and is not safe for common use. The writer recently saw a strong boy of eight months in a state of alarming prostration caused by a half-teaspoonful of this syrup prescribed by a druggist.

#### Cathartics.

Castor-oil and syrup of rhubarb are found in every nursery. It should not be forgotten that while they are quick and easy cathartics, their secondary action is to constipate.

This renders them of the utmost value for certain purposes, but very unsuitable for continuous use. Laxative medicines of all kinds should be avoided as far as possible, and have no place in the treatment of habitual constipation. Rochelle salts, given in water as warm as can be taken, act without the subsequent constipation. They are quick in action, and suitable for most cases, and, when given as directed, are usually well taken. Any of these cathartics may be aided by an enema thirty minutes later. The writer is partial to a mixture of equal parts of castor-oil and syrup of rhubarb. It is retained by the stomach better than oil alone.

#### Tonics.

Iron is a remedy of especial value for children, being more effective, as a rule, than with adults. The syrup of the iodide is the most suitable preparation, and may be given in doses of five drops at one year, always with plenty of water.

Cod-liver-oil is the tonic *par excellence* for young children. It is as much a food as a medicine, and may be given with more safety than any other tonic. It is surprisingly well taken, the little patient not infrequently seeming to regard it as a luxury. If the pure oil can be given, it is as good or better than an emulsion. In some cases it produces nausea and disgust, and should not be forced upon the child. In the bronchitis of infants nothing is so effective as an oil. Bronchial catarrh and cough that have resisted everything else will sometimes disappear under the use of this oil. It should be given three or four times a day, beginning with a half-teaspoonful of the pure oil, or a teaspoonful of the emulsion, increasing the amount if it is well borne.

Quinine in small doses is a most excellent tonic, but its frequent use without advice is not to be commended.

Chlorate of potash is largely used for sore throat and is very effective. It is not a safe drug, however, for indiscriminate use. It acts strongly on the kidneys, and over-doses or too prolonged use may cause them serious injury.

The use of worm medicines is very great, and causes a vast amount of harm. If effective they contain drugs that cannot safely be given without careful regulation of the dose by a physician. Nostrums claiming to "dissolve" the worms are frauds, capable only of harm. No drug has that power. Symptoms are frequently attributed to worms where none exist, and treatment should never be instituted without the doctor's advice.

Aconite, veratrum, chloral, and the bromides should never be used without direction.

#### **The Time for Administering Medicine.**

The action of medicine varies greatly, according to the time and method of administration. Iron requires plenty of digestive

fluid and should be given soon after eating, well diluted with water. Oils, if designed to act upon the bowels, must be given upon an empty stomach. Cod-liver oil, designed as a general remedy, should be given a half-hour after eating. Quinine is decomposed by too active digestion, and should be given upon an empty stomach. The different bitter remedies designed to increase the appetite should be taken before eating. Soda or other alkalies, when given to increase the appetite and aid digestion, must be given before meals. Rhubarb, frequently administered in very small doses for the same purpose, should also be given before eating. These rules are general and will often be changed by the doctor for special reasons, but may prove of service where no definite directions are given.



## **UNTRUTHFUL CHILDREN.**

BY EMMA W. JOLLIFFE.

"WHAT I prize so highly in my little daughter," said a mother to me of her four-year-old child, "is her strict truthfulness. She has never, so far as I have been able to discover, told me anything but what was strictly true."

Truth is beautiful always, and never more so than when childish lips utter it. But all parents cannot rejoice, as could this one, in the strict truthfulness of their little ones. Sorry as we may be to admit it, we all know that there are little children who tell falsehoods, and that some of them are notorious for this propensity even at a very tender age. Many a parent grieves deeply over this failing in a little one, and wonders in despair what can be done to make the child more truthful.

Some of the methods employed to correct the fault are worse than the fault itself, especially so since it is the parent who employs them, the one who ought to understand the child's nature and be able to adopt kind and intelligent treatment suited to its wants. Instead of seeking the cause of untruth, the first effort is to impress upon the child's mind the enormity of a lie and its direful consequence—something entirely beyond the child's comprehension; then it is made to understand that severe penalty must and will be meted out for such offences. It was not uncommon, when the writer was a child, for parents, after inflicting punishment, to tell their children, with all the semblance of truth and earnestness, that if they (the children) continued to tell

lies the "black man" would surely get them—a fabrication which has caused many a little heart to palpitate with terror.

Of course children should be taught that it is wrong to lie, taught to speak the truth and to act the truth, but irrational and false teaching will not convince them of the one or incline them to the other; for they are close observers, and they will soon detect the deception and injustice of such teaching, and its effect upon them, if continued, will be potent in developing the very traits which the parent would suppress.

In dealing with an untruthful child the cause or motive for falsehood should first be ascertained, if possible. A careful study of the disposition and characteristics of the child will, in most cases, disclose this. It should be remembered always that a child's mind is immature; that its understanding and interpretation of things may be very incorrect, and its statements concerning them correspondingly so, yet intentionally true. To punish a child for lying under such conditions is a sad and cruel mistake.

A timid, nervous child, truthful in other things, may lie to hide an offence, hoping thereby to escape a dreaded punishment. When we understand that the usual punishments are agonizing to its sensitive, shrinking nature, we cannot wonder that it makes use of its only hope of escape. Let the parents of such children consider that their own moral courage might not be sufficient to keep them always on the grounds of strict truthfulness, were penalties equally severe for them impending which they could escape through the agency of untruth. It is painfully true that parents, through inflexible sternness and undue severity, often cause their children to lie; not only the above mentioned class, but those far more dauntless. Discipline is necessary in bringing up a child, but not such as will cause him to stand in awe of the parent, afraid to confess all that he has done in a moment of disobedience or forgetfulness.

A child may learn to lie from associates just as it would learn to use obscene or profane language. The manner of playmate is,

therefore, of gravest consideration, and parents cannot be too watchful in this direction. Children are such ready imitators, so quick to follow the examples of their associates, that, before one suspects danger, contamination may begin. It is well for the mother to join her children and their playmates often in their sports. When she cannot spend the time in actual play with them, let them play near her, where she can have an eye and ear open to all that is said and done. Even this precaution will not insure perfect safety, for she cannot possibly be with them at all times, and there are children of shocking habits who can be very discreet in the presence of their elders. A knowledge of the child's home life, of the teachings and influences that it is subject to there, will aid the mother in determining if it is a suitable playmate for her own child.

Some children lie almost unconsciously. A strong imagination dominates them, filling their minds with such vivid creations that they do not readily distinguish between the real and the imaginary. Everything which would stimulate or excite the imagination should be withheld from such children, and patience and forbearance exercised in teaching them to discriminate between fancies and real things, until the development of other faculties checks the too active imagination and brings it in time under the control of truth and reason.

Vanity, selfishness, egotism, or some other marked characteristic may furnish the motive for falsehood. A vain child may lie to gratify its pride, a selfish one to secure the best of things for itself, an egotistical one to make its own acts appear greater than those of others. Whatever the characteristic, it should be carefully restrained and discipline maintained which will tend to symmetrical development.

Last of the causes for untruthfulness to be mentioned here, and the most difficult with which to deal, is that of heredity. If the trait is transmitted directly from parent to child, in addition to the natural tendency will probably be the example of the parent with its pernicious influence. Where both

parents are afflicted with this moral taint, the case appears hopeless indeed. In the case of one truthful parent, the best that he or she can do is to bring to bear unceasingly and persistently the most powerful influences for truth and uprightness.

The cause of falsehood having been ascertained, the admonition, reproof, or punishment suited to the degree of the offence and the disposition of the child must be determined. And here there is fine opportunity as well as great necessity for tact and discrimination on the part of the parent. Discipline effective with one child may fail entirely with another child of the same parents; not only may it fail, but it may be the most hurtful treatment that could be given. Yet there are parents who mete out to each child like punishment for like offence, then attribute the failure of discipline to the great depravity of the child. To be able to discriminate nicely and suit the treatment to the exigencies of the case is a most fortunate thing for the parent as well as the child. However flagrant the offence, the child should be dealt with *truthfully* and kindly. Other treatment is unjust and subversive of the end sought. To attempt to make a child truthful by telling it things which are untrue would seem so absurd and unreasonable as to need no comment, were it not so often demonstrated that parents do resort to falsehoods to frighten their children into telling the truth. "White lies" they call them, and think—if a second thought is given—that they will do no harm. But the child is deceived; it discovers it in time and learns to suspect and distrust, and ultimately to practise deceptions of various kinds. The effects of "white lies" are so plainly and positively bad that it is hard to understand how any parent who desires the purity of truth in a child can resort to such doubtful and dangerous measures. Example is more powerful than precept with little ones, and parents must be truthful themselves, both in word and act, if they would have their children so.

Stern and severe treatment is hurtful and unnecessary. Firm and gentle discipline is

safe with every child, and it will lead the little feet into higher and happier ways than can possibly be reached by other means. Corrections made in kindness and consideration have a very different effect from those made in stormy haste, as often to satisfy the anger of the parent as to benefit the child. Children feel keenly the wrong of such treatment. Resenting it in spirit, they submit to it while they must, and when old enough they defy it openly and are considered wilful, impudent, disobedient, ungovernable; correctly so, doubtless, but the parent has made them what they are. The treatment has produced legitimate results. It is strange that parents will employ discipline that robs their little ones of a happy childhood, injures or ruins their dispositions, and oftentimes embitters their whole lives.

Many of the falsehoods which children tell may be traced directly to stern and severe discipline. An incident which came under the writer's observation will serve as an illustration in one instance.

In a family where the mother was a great scold and a practical advocate of "spare the rod and spoil the child," a little daughter, just old enough to assist with the dishwashing, accidentally dropped and broke a glass tumbler. Being in the pantry alone at the time of the accident, and dreading the storm which would burst upon her when her mother discovered it, she climbed quickly up to a high shelf and dropped the broken dish into a pitcher there which was used only on rare occasions. Time, however, brought the hidden tumbler to light, and the little girl to strict account, along with a brother and sister a few years older than herself. Each child denying any knowledge of the accident, and threats and scolding failing to bring a confession, a number of rods were brought in, the children placed in line, the eldest at the head, the little tumbler-breaker at the foot, and informed by the mother that they would be whipped by turns until the one who broke the dish confessed it. The elder children took their places in the centre of the room according to their respective turns, and sub-

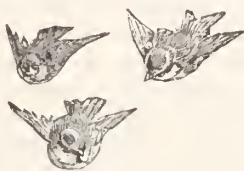


mitted to a hard whipping, crying piteously and protesting truthfully their innocence. The youngest took her whipping in the same manner, still declaring stoutly that she knew nothing about the broken dish. When the eldest was called out again and the rod uplifted, pity broke the stubborn resolution of the little one and she sobbed out: "Don't whip her any more; I broke it." The brother and sister were released from further punishment, but the little offender received a double portion.

If that mother had been less severe she would have known of the accident at once. The child would not have thought of hiding the dish, much less of lying about it, nor would two innocent children have been severely punished for something about which they knew nothing. Where a child is afraid to tell its parent of any accident, trivial or great, the discipline is essentially wrong and detrimental. Some may attribute such treatment as has been cited to the low and ignorant alone. If it were so it would be less deplorable. In the instance given, the mo-

ther was well educated, of more than ordinary intelligence, exemplary in many ways, and careful and watchful of her children's habits. She either failed to see that her own severity caused her child to lie, or made a serious mistake in thinking that a little child's moral courage should be strong enough to enable it to resist temptation and to bear great bodily pain for the sake of truth.

The most careful, earnest, and discriminating parents will err sometimes, but, for the good of the little ones, let it be in kindness rather than cruelty. Let it be remembered, too, that childhood and youth will merge into manhood or womanhood bearing the lasting impress of early treatment marred or embellished by it. It is the duty of the parent to make the child happy, as happiness is the one condition favorable to the highest and noblest development of child-life. No fault or peculiarity of the child should cause the parent to forget this duty or to employ discipline which is not conducive to this end.



## WHAT DOES MAKE BABY CRY SO?

BY JAMES H. PATTON, M.D., BROOKLYN, N. Y.

THIS is a serious question. On its answer in any particular case may depend the future usefulness, if not the life, of a man. Let it be remembered that Baby is neither a dunce nor a diplomat. Crying is that dialect of his language by which he expresses his discomfort. He means something—he is not a dunce. He does not want to conceal his thoughts—he is not a diplomat. Do not take him up on your knee and bounce him up and down as if "to bounce the life out of him." Let him alone, if you don't know anything better to do. Bouncing may silence him for a moment,

but it cannot remove the original cause of his complaint. It may give a new direction to his thoughts or substitute astonishment for pain, momentarily, no longer. Let him alone and observe him. The cry, at first complaining, becomes angry; still let him alone and it becomes furious: he is in a rage. Evidently, though we may not know what to do, doing nothing is not the best that can be done. What is? Let us try and find out.

The cause of his annoyance must be either physical, mental, or moral. I see you smile, dear madam, at the idea of Baby's

having a moral discomfort. You are not acquainted with him, that's all. Watch him carefully and you will see he not only has a mind which thinks, and that actively, but a conscience as well which pricks, and sometimes sharply. If ever "the missing link" is found it will undoubtedly be a baby lacking the sense of moral accountability, in all other respects a perfect human being. Bulwer describes the creature in his "Strange Story," but it is not certain he ever saw the animal. Philosophers should know this fact, so that they might spend their time hunting for this wonderful baby and thus be kept out of mischief.

Now, the chances are overwhelmingly in favor of the assumption that Baby's crying on any given occasion has a physical origin. So let us strip him first in order to ascertain the probable cause. Indignant mother, I know you are too sensible ever to allow a pin with an unprotected point about your child; but stay, I am not looking for that pin. I have too much confidence in you. The room is warm and free from draughts. Baby is relieved of the artificial encumbrances which we call baby-clothes. Stroke him gently downwards with your dry, warm hand, and, *presto!* he is still; positively, he is laughing. Let us wait a while now. May be it is only the novelty of the thing, after all, and we have not reached the real cause of the original protest. By waiting we learn something definite. If he continues "good"—*i.e.*, comfortable—we are *sure* the mischief is hidden somewhere in the folds of those garments. Let them be rigidly examined. Perhaps this one is too tight. May be the long, heavy skirts (abominations at best) have been dragging him at the neck or waist. Whatever it is, let us remedy the evil. It is possible, for we know it is somewhere in the clothes.

I saw an eight-months-old boy treated in this fashion once for an obstinate crying spell, and the cause of the trouble was found to be a fine thread of sewing-cotton which he had managed to twine around one of his toes. The cotton had nearly embedded itself into the flesh and was apparently hurt-

ing him greatly. When it was taken away and a little arnica and water applied, the little fellow at once became as bright and smiling as before.

Unsuitable temperature, perhaps, causes Baby more discomfort than anything else. A brisk breeze, which the robust nurse inhales with pleasure, may be, to his more delicate perceptions, a positive distress, if not a source of danger. The careful mother has a profound respect for the thermometer, and regards the calendar almost with indifference. A cold, rainy spell in midsummer may do more harm than the worst blizzard that ever blew in winter or early spring. But let it be borne in mind that if Baby is uncomfortably warm he will fret, he will cry, he will rage as before; and as we propose to check the evil in its first stage, let us be sure not to swathe him in heavy clothes, load him with flannels, and generally steam him, when nature demands and the thermometer indicates the smallest possible amount of covering.

Probably the most sudden and violent change which Baby has to endure in his life is the first on his entrance into this, to him, exceedingly cold world. The wonder is, not that so many babies "take cold" at that moment, but that all do not. History tells us that it was the custom of the ancient Gauls to plunge the newly-born infant into cold water—the running water of a river or brook—which bath was continued daily through life; but it fails to record the number of deaths resulting therefrom. However, there must have been a vast number left, for there were enough to swarm out from the parent hive and overrun the world. As to the quality of the survivors, we have the testimony of their enemies that the men were brave and honorable and the women chaste and beautiful. How much of this most desirable character was produced by a daily bath in a running stream we cannot, at this late day, venture to decide.

In the matter of the bath we cannot be too careful, and should always remember that Baby, although a very small atom of humanity, is as much an individual as Goethe

or Julius Cæsar. He has his likes and dislikes. They are born with him. They are his own and go to make up the sum total of his individuality. In short, Baby is himself and not another baby. Indeed, so far is this true, that he speaks a language all his own, "not understood of the people" at large, nor even by the other baby; but the quicker his nurse learns it the better for both. He should rejoice in his bath and welcome it with delight. That is the normal state of affairs. If he does not, if he protests, objects, screams, and makes himself and all around him uncomfortable, there must be something wrong. Let us be careful not to make the bath a bug-a-boo. If he is afraid, deal with him gently until "usance blunts the sense of danger." Especially in sea-bathing. It is cruel beyond expression to carry a terrified, screaming child into the boiling surf. What benefit can possibly be derived from such a fearful shock to the delicate nervous system of an infant? Better by far put him down on the beach where the water can barely reach him, and let him find out for himself what fun it is to dabble in the water and dig his fingers in the wet sand. He has the comfortable assurance that *terra firma* is there all the time. He can see it and feel it. Remember, a child can see *nothing* when the spray and foam is dashed in its face.

The question, What makes Baby cry? is worthy of careful thought. Baby ought not to be allowed to cry at all; he would not, if we did all we might do to prevent it. It would be intensely ridiculous, if it were not so pitiful, to see a crying child violently rocked by a stalwart nurse, who with a lusty voice

strives to drown the noise of the child. She sings (or screams) in tones which make the windows rattle and the hearer's flesh crawl; while Baby yells an indignant protest against the double wrong, the frightful din and his own unregarded sorrow, whatever that may be at the moment. He gets "good" in time and goes to sleep—sometimes. Of course he does. His lungs are not as large and tough, nor his "staying powers" so great, as those of his nurse. Worn out, "tired nature's balmy, sweet restorer" kindly saves him further torture, and so he forgets his woes.

When Baby cries let us see to it that he is not chafed, weighted, nor constrained by his clothes; that he is warm enough and cool enough; that he is neither hungry nor thirsty. And here let me remark he is more frequently thirsty than he gets credit for. When he is, he wants *water*—nothing else will do. If all these matters are attended to and he still complains, we must look deeper yet. Something is wrong, and here medical skill must be called into play, whether it be that of the experienced nurse or the presumably more profound wisdom of the doctor. One word about the latter. When you ask him, "Doctor, what *does* make Baby cry so?" and he says, "I don't know," do not jump to the conclusion that he knows nothing. This answer only shows him to be brave enough to risk your disfavor and honorable enough to tell the honest truth. But if he adds, "We will see what is the matter," then cherish that physician as a precious jewel. He is brave, honorable and skilful—a very Bayard of potions and powders.

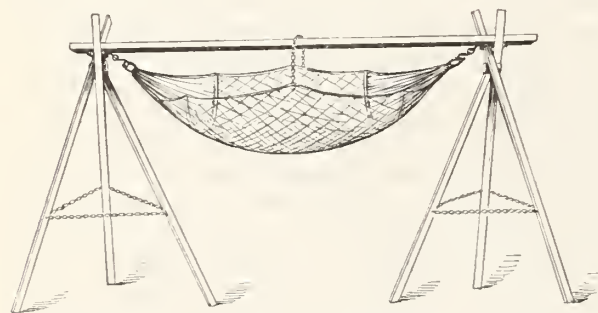


## NURSERY HELPS AND NOVELTIES.

**A Hammock for Indoors.**

PERHAPS some of the readers of *BABYHOOD* will be interested in the bed where our baby has spent a considerable part of her short life. Born in New York just at the beginning of the heat and "humidity" of our terrible 1887 summer, she must have considered the world into which she had fallen a most uncomfortable one, especially as her inexperienced mamma supposed that little babies always needed the same quantity of flannels whatever the weather, and so almost smothered the morsel of humanity at the outset. Soon, however, common sense reasserted her sway, and then the question of how to keep Baby cool began to receive its due attention.

It soon occurred to papa that the place he most enjoyed on a hot summer day was a hammock, and we did not see why it should not be



just as agreeable to a baby. So he bought a small hammock—eight feet long and costing seventy-five cents, including screws—and we strung it in our room, placing in it a folded sheet which we pinned to the cords of the hammock at the four corners with safety-pins. We decided then that we had solved our problem. Baby enjoyed no place so well as this little nest; slept in it soundly and sweetly, and waked without being drenched in perspiration, as had been the case before.

But any one who has ever had a hammock strung in a bed-room, and who knows how impossible it is to hang it in any corner where it will not swing in front of the most-used door of the room, will understand how we came to put our minds to the solution of another problem. Again papa had an idea, and he worked it out to our entire satisfaction. The general plan is that of a wooden bar long enough to swing the

hammock from, and resting upon two folding tripods made of stout ash sticks one inch square; two of these are five feet long, and the other about four and one-half feet. They are so attached as to be folded together very compactly, and also to allow the feet of the tripod to spread as much or as little as desired. The horizontal bar is of the same material as the tripod sticks, one and one-half inches square and seven feet ten inches long. The lower side is bevelled sharply for three inches at each end so that it will fit closely between the upper ends of the longer tripod sticks. Near these bevelled places are screwed ordinary hammock hooks, from which the hammock is suspended. In order to prevent the tripods from spreading too much with the weight of the hammock and its contents, a brass chain is fastened around the three sticks twenty-seven inches from their

lower ends. We also attached the middle of a similar chain thirty inches long to the middle of the horizontal bar, and fastened small brass hooks to each end. When these are hooked into the edges of the hammock it is impossible for Baby to fall out, and it is very easy to fasten or unfasten them from either side.

Our hammock is of woven hemp and we like it much better than those of knotted cord, as it is softer and more yielding. Of course stretchers are needed to keep the ends of the hammock spread sufficiently.

We had thought of Baby's hammock only as an expedient for keeping her cool, and had not thought of her occupying it when the hot weather was over; but as autumn approached we found that the addition of blankets and pillows made it the snugget, warmest little nest possible. Besides, Baby would stay tucked up here longer than anywhere else, and if there was any trouble on this point it was easy to fasten her coverings to the hammock with large safety-pins whenever desired.

The hammock with its supports takes up much less room than one would suppose, as it may be so arranged as to swing over the edge of the bed, making it very convenient for mamma when Baby requires attention during the night; and when stained a cherry or walnut color, and



finished with the brass chains, it is a pretty and unique piece of furniture. Its inexpensiveness also may bring it into favor with some papas and mammas as it did with us. The cost of everything needed to complete the arrangement, except the stain and varnish, which we happened to have, was a little less than a dollar and a half.

Norwich, N. Y.

B. S. F.

#### A Woollen Rug.

THE recent article in "Nursery Helps and Novelties," upon a "Home-made Nursery Rug," led me to think of telling BABYHOOD's readers of one I made for my baby, which proved most useful not only in the house, but also on the piazza, or on the ground outside.

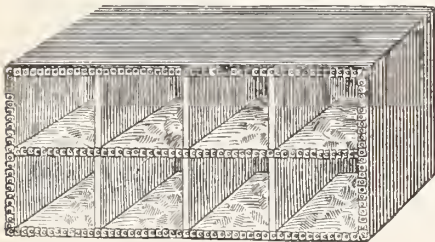
Taking half of a double ironing-blanket, I basted down upon that several layers of cotton-batting, first opening it out to its full width (of about a yard, my rug being two yards square). This I covered with an old worn bed-blanket, quilting it as well as I could and finishing it off neatly at the edges. This was the rug proper, but over the white blanket I put an old, soft, gray blanket-shawl, which could be taken off and washed if necessary, without washing the whole rug, and as it was caught down only at the edges, any small stain could be washed by itself and the rug left in the sun to dry.

New York City.

K.

#### A Two-story Annex to the Hat-Rack.

I HAVE a suggestion to offer to mothers who, like the one quoted in a recent number, "haven't a nurse for each child." Take a cracker or soap box, which can be had at any grocery, and have a carpenter partition it into cubby-holes, as illustrated, according to the number of children in the family. Cover with wall-paper or carpet and put it under the stairs in the hall. Give each child an upper cubby-



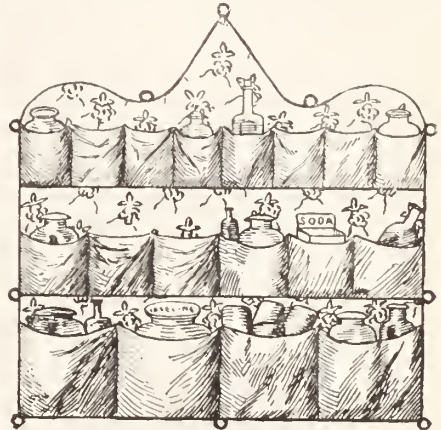
hole for cap and mittens, and a lower one for overshoes. With the oldest at one end, even the very little ones will know their own place and be able to find hat, etc., when needed.

Agricultural College, Mich.

F. L. R.

#### Medicine Pocket.

THIS useful household article (of my own invention) is made of linen or cretonne, the edges bound with colored braid, the back lined with canvas or cheap ticking to strengthen, and hung by small brass rings as in illustration.



The back is twenty-five inches in length, eighteen in breadth. The strips for the pockets thirty-two inches long, to be laid in box-plaits, and stitched to the back as marked. I hope this may be a help to BABYHOOD's readers.

Norfolk, Va.

M. E. RICHARDSON.

#### A Combination of Bath-Tub and Cot-Bed.

My husband made Baby a bath-tub as illustrated in BABYHOOD for March, 1887, page 130, and our little four-months-old takes so much comfort in it that we would hardly know how to do without it. He also made an addition to it in the shape of a little cot-bed.

The frame is made in about the same manner as shown in picture alluded to, with some variations in size, but with the important difference that the two upper side pieces are not permanently attached, but made to fit on four strong iron pins (one on the upper end of each leg), being thus easily removed.

Two other similar side pieces are provided, to fit on the pins in the same way, and a piece of yard-wide unbleached muslin, the length of the tub, is made with a wide hem on each side. Into these hems the side-bars are slipped and then put into position, making our baby a much cooler, pleasanter bed than anything we could find.

C. C. W.

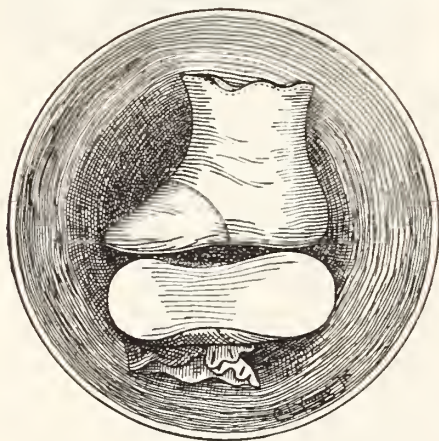
Bedford, Mich.

#### The Poetry of the First Shoes.

HAVING noticed in a recent number of BABYHOOD a way of preserving Baby's shoes, I am

emboldened to write you of my plan, which, if it is not so useful, is more ornamental; and really the little fat shoes, that have walked so many, many miles and have finally given up in utter exhaustion and have fairly burst themselves with over-doing, should not be put to work again in another direction, but should ornament some snug corner.

My two babies (the first being a girl, otherwise it would have been impossible) have worn the same pair of shoes for a first pair; and now that they are out at the toes and up at the heel, I have given them up to ornamentation and have placed them on a plush plaque, about eight inches in diameter, in the position which will appear in my illustration. Fasten them to the plaque with tacks, after they have been adjusted to taste (of course any one can choose her own position), and then paint them in any desirable design. I chose to put Green-



away figures on the sole that is exposed and forget-me-nots around the top of the other shoe. They could also be bronzed with a lovely effect, still leaving the sole to be painted if desired. In this way we can preserve the little shoes that carry such a personality about them that, when we would ruthlessly dispose of them to make room for other things, something seems to say: "Oh don't! I want to be loved and petted, too, as well as Baby."

My little shoe-plaque of dark blue plush has been much admired, and I am sure if others will try it they will be pleased with the effect.

*Silver Cliff, Col.*

E. P. C.

#### Adjustable Fly-net for Hammock.

As I have not seen any plan like mine for keeping Baby comfortable while she sleeps, I

will give it. I have a large summer kitchen with no stove in it; here I have a hammock swung, in which Baby sleeps. To keep the flies from bothering her I took a piece of mosquito-net about two feet longer than Baby is tall; this I sewed in the shape of a bag, but open at both ends; I hemmed the ends, and put in strings. I slip the net over the hammock and draw the ends of it shut with the strings, and Baby sleeps nice and cool, and not a fly can touch her. When not in use I pull the net to one end of the hammock and hang it up out of the way.

When it is cool enough for covering, I have an old shawl fixed the same way at the ends, but not sewed up; this I put over the hammock, leaving it closed part way up, and with a safety-pin on each side fasten it open about her head, so she has plenty of fresh air, yet she cannot kick the cover off. Perhaps some mother who lives on a sunny, shadeless farm as I do will be glad of the idea if she has nothing else as good.

*Lamont, Iowa.*

M. A. C.

#### A Novel Crib.

WHEN scarcity of furniture and house-room makes it necessary that mother's room be turned into a nursery, the wicker clothes-basket may be securely strapped to the ceiling. In a small room there is no better place for this cozy swing than just over the bed. It is out of the way of the wee toddlers during the day, and at night the bed can be slipped a little to one side, the straps lengthened, and birdie's nest will be convenient for mother's hand. As Baby grows older an old comfortable can be placed upon the bed, the basket lowered upon it, or just a few inches above, and thus form a play crib as well as one for sleeping. If trained to regular hours for eating and sleeping, the busy mother will often find her wee one asleep among its toys, when she has forgotten the usual time for arranging pillows for a nap.

E. C. S.

*Melbourne, Fla.*

#### Improvements in the Haven Nursing-Bottle.

IN regard to a note in a recent issue of *BABYHOOD* respecting the Haven Nursing-Bottle, allow me to say that the fault complained of—namely, the thick flat head of the nipple—has been remedied. It is very difficult to have a nipple manufactured exactly as it was desired, but the one at present used overcomes the objection spoken of, being smaller and not so thick at the head. A rubber cap is also being

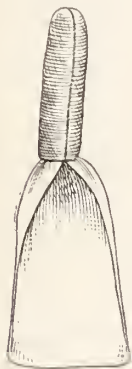
manufactured which can be stretched over the opening in the top of the bottle, having a small hole for the admission of air. This cap can be removed after nursing, allowing the bottle to be thoroughly cleansed.

Boston.

H. C. HAVEN, M D.

#### Helping Nature Curl the Hair.

I WONDER how many beauty-loving mothers among BABYHOOD's readers have spoken for children with wavy, naturally curly hair, and have been obliged to watch, with disappointment, the development of straight, unruly, graceless locks instead. To mothers like these, who love the little wave-lines for the pleasure they give the eye, rather than for the mere fostering of vanity in themselves or their children, I submit my simple device, hoping it will give them the genuine comfort it has given me. I do not think any one would imagine, to see



my little girl's four or five graceful curls, that nature had no hand in them whatever.

I would not use a hot iron ; I did not believe in much wetting of the hair, and I would not use the bunchy, uncomfortable rags that many mothers resort to. But curl my baby's hair must and should. Hence my invention. I took a quantity of soft batting and shaped it into four firm rolls the length of my finger, and a trifle larger. I then cut four strips of cheese cloth about ten inches long and three wide, and sewed each one tightly around its roll of cotton-batting, catching the latter firmly at the end and centre of the strip. The other end of each I ran carelessly with a thread to prevent its ravelling. The appearance when finished is shown in the drawing.

At night, after combing a lock of Baby's hair very smooth, I wound it around the roll, wetting the end a little and brushing round and round with a soft brush. Then the loose flap was doubled back upwards and pinned closely around the curl. I began with small safety-pins, two for each curl, but for several years now I have used common pins instead, and they have never come out or annoyed the child in the least. She is as restless as the average little sleeper, too. But I am always careful to use a *straight* pin and to quilt it firmly in so that the point comes in the centre of the cotton.

These "Pussy Willows," as my little one calls them, instead of being a discomfort to her in the night, are missed whenever I leave them off, as her heavy hair gets tangled and twisted about her neck, and it takes me no longer to do these up at night than it used to to comb out the snarls in the morning. As it is, I unpin the rolls, slip them out, and the smooth, bobbing curls are all ready for the day. Once or twice through the day I comb them over my finger to smooth them, and this is all the attention they need. I have made a number of these sets for friends who possessed straight-haired children, and all are so pleased with them that some have advised me to give BABYHOOD the benefit of the idea. One mother wrote me a few weeks since : "Whenever I look at my child's beautiful 'natural' curls, transforming his whole face, I breathe unspoken thanks to you."

If set curls be objected to, a brush and comb can be run through the hair several times a day and you have the natural, tossing waves.

Connecticut.

A BABY-LOVER.

#### "Cozy" for Baby's Bottle.

FOR the little one who takes his dinner out-of doors in his carriage, or for Baby travelling, a "cozy" will be found very useful in keeping his food warm. Any pretty stitch will do, but afghan stitch, being so close, seems to answer better than any other. Use blue and white worsted : On a foundation-chain of forty-eight stitches take up six stitches in blue and six in white. Work off the needle in the same colors as the stitches on the needle. Repeat until you have four rows, the alternate colors making blocks. Make five rows of blocks. Sew up the sides and around the top crochet, at short intervals, two rows of treble crochet, one row of blue and one of white. Finish off with a deep scallop and run blue ribbons through the trebles in opposite directions and draw up close around the neck of the bottle. For the bottom make a chain of four stitches ; do not join, but crochet around it in single crochet, widening often enough to keep it perfectly flat. Make the oval as large as the bottom of the bottle, and sew to the upper part.



New York City.

J. P. F.



### The Revolving Fly-Dispenser.

I SHOULD like to mention a new idea which entered my mind, and, being put into practice, I found a very great comfort to Baby and myself, namely, the fly-fan ordinarily used on the dining-table to keep away the flies. This arrangement consists of two fans and some clock-work which I wind up and place next to Baby's crib. I then spread out the two fans, which commence to revolve, scaring the flies, and al-



lowing Baby to sleep sweetly undisturbed. The fans revolve in a horizontal line, so that on very warm days I pin a sheet of paper to each, which creates a little breeze. The fly-fan costs nearly three dollars, but it is a great comfort. I found covering the crib with mosquito-netting kept Baby much too warm. Hoping others may benefit by the above, I send this.

H. B. K.

*New York City.*

[The fan above described may be obtained of the manufacturers, Matthai, Ingram & Co., Baltimore, and of leading hardware dealers in other cities. Price, \$2 50.]

### Cleaning Nursing-Bottles.

#### I.

I WOULD like to tell how I clean my baby-bottles very effectually and with little trouble. I fill the bottle about half-full of cold tea, and put in about a tablespoonful of the steeped tea-leaves; then shake the bottle violently up and down for a second or two.

G. F. D.

*San Francisco.*

#### II.

I notice in a recent number, as an improvement on the "pernicious shot" for cleaning a baby's bottle, a description of a chain to be made for this purpose; but why all this elaborate preparation, when every one of us has the best cleaner and brightener for a baby's bottle right at hand, if only we knew of its power? I

mean the common, raw Irish potato. Cut up some chips of raw potato, put them in the bottle with a little water, shake well, and you will find the bottle soon as clean as crystal, without any risk of the baby discovering the delightful bag of shot to first play with and then swallow, or the bother of having a chain made.

*New York.*

MATERFAMILIAS.

#### III.

I am wondering if all mothers of bottle babies know how easily the bottle is kept clean and sweet with sand. I have during years past had unsatisfactory experiences with hot water, soap, soda, borax, ashes, tacks, etc., and at last happening upon the use of sand, am delighted to see how it keeps my bottle shining. I use only cold water for rinsing each time and once or twice a day add three or four spoonfuls of the sand with a little water.

C. C.

### An English "Goodrie."

HAVING found what in England they call a "Goodrie" very useful to my infant grandchildren, I venture to describe one. It is simply a pillow made of unbleached cotton, three quarters of a yard long, two-and-one-half yards wide, covering a layer of wadding one-half inch thick, and tufted closely enough to allow it to be washed. With some pretty pillow-cases to put on, this forms a little bed that the infant can always be kept on, by which it may be handed to visitors, laid on the bed, etc., and at the same time protecting unwary persons from getting a wetting. It also protects the little creature from injury from beads and ornaments on nurse's clothes, etc. There should be three beds and six cases so that they may be washed and thoroughly dried.

C. M. H.

*Montreal, Canada.*

### Arrangement of Mosquito Netting over the Crib.

WE have been terribly annoyed with flies and mosquitoes, and how to keep them off the baby is the question. Not believing in those wretched bassinets which keep two-thirds of all the fresh air away from the child, and using, when Baby was old enough, the regular iron crib or wooden folding crib, I have had the greatest difficulty in arranging any mosquito-netting over the crib. If I put up a stick at the back the netting sagged at the sides; if I simply drew it over the four posts, Mr. Baby could catch it with his hands or would manage to kick it down with his little feet. I was in despair. I could not



afford a regular mosquito-netting guard, even had I been where it could be bought. Just then my eye caught sight of an old ragged sun-umbrella totally unfit for its originally intended use. I found I could tic it nicely to one of the posts of the crib; so, without more ado, I tore the ragged covering off and covered it roughly with some pink paper muslin I had in the house. Now, with the white mosquito-netting drawn over the umbrella, I have really a quite pretty crib, and Baby crows with delight, not only at the beautiful pink canopy which meets his eye, but also at the perfect peace he has from his late tormentors.

MATERFAMILIAS.

*New York City.*

#### Cleanser for a Baby's Mouth.

My monthly nurse showed me how to make a very convenient swab by winding strips of old handkerchief linen, about two inches in width, around a small stick. I generally use a wooden tooth-pick, breaking it in two, but using both pieces for one swab, and tying it in its place with a bit of thread, after turning in the edges, lest the ravellings should get into Baby's month. One of these little swabs, carefully washed after each using, would last for several days.

*New York City.*

O.

#### Suggestions as to Nursery Carpets and Walls.

I HAVE lately had reason to notice the great benefit there is in not having nursery carpets nailed to the floors. I think every nursery floor should be scrubbed once a month at least. To enable you to do this with ease, have the carpet made at least two feet smaller in length and width than the floor. That will leave a margin of a foot all around the room, and this margin can be painted or stained, and will really add to the beauty of the room. Have your carpet

made up like a rug, and when you have your floor scrubbed, if you are fortunate enough to have a grass-plot in your back-yard, have your carpet rug swept on it. If not, take a pail of water and add to it half-a-cup of turpentine; let the housemaid, after sweeping the carpet, take a scrub-cloth, wring it out in the turpentine water, and wipe off the carpet. If young mothers realized how many germs of animal life are contained in a soiled carpet, they would be more careful than they are when they let their babies creep over and sit and play upon these disease-breeders. Of course the cloth with which the carpet is wiped must be thoroughly wrung out, in order that there may be no dampness left upon the carpet. I have found in contagious diseases that it has been a great comfort to have the nursery carpet made up in this way, it being removed in a minute or two, without noisy hammering, and tearing up a carpet which may have been down a year or more.

If my plan is adhered to there will be no accumulation of dust underneath, causing the little patient annoyance, nor risk in requiring the floor washed at a time when it is most inconvenient. For the same reason would never advise papering the walls of a nursery, that they may constantly be wiped down with a damp cloth; and when sweeping-day comes upon a rainy day, let the chambermaid fasten a large canton-flannel cloth around the broad end of a broom and wipe down the walls with this dry cloth. Never let dust accumulate in a nursery. Many young housekeepers take the greatest care of their parlors, not being willing even to trust the dusting to a maid, but many of these so-called good housekeepers think a few moments' "brushing-up" will do for the nursery—a fatal mistake, as too many have already found out.

N. N.

*New York City.*

## TRUNDLE-BED THEOLOGY.

BY LENA GILBERT BROWN.

As mother saw her calmly stand  
Up in a garden corner,  
A small, green apple in her hand,  
She hastened out to warn her.  
"My child, 'twill bring you untold woe;  
Green apples can't be eaten so;  
We'll have it baked—then it will do."

The next week at her Sunday-school  
She learned the ancient story,  
How Eve and Adam broke the rule  
And sacrificed their glory.  
She told her playmates warningly:  
"They ate the apples from the tree;  
They'd ought to *had 'em baked*, you see."



## A BOARDING-HOUSE BABY.

BY HELEN M. GAY.

WERE you ever a boarding-house baby? I don't mean one who boards at the seashore or in the mountains in the summer, but a real, genuine one—*born* there, you know.

It's a foolish question, for if you were an Eastern baby most likely you did as all good respectable Eastern babies do, and made your debut in your father's own or his "own hired" house. I don't consider it at all the thing to be born in a boarding-house, but as I wasn't consulted I'm not responsible. After I had tried my eight notes to see if the octave was all right, just fancy my indignation to hear the doctor say to my mother: "Well, your *boy's* a *girl*!"

"I'd like to know why I shouldn't be," says I. "Who's a better right? I wouldn't be a roaring, rampageous boy for anything."

The doctor said, too, that my voice was contralto, but I don't believe he was any judge. I was feeling slightly depressed at the time, and it probably showed in my voice. That evening the nurse took me into the next room, and a lot of men and women stood around and stared at me, and made up faces, and said all sorts of impertinent things.

One man asked if my ears were kept strapped down, because they were so close to my head, as all well-bred babies' ears should be; and he said that the soles of my feet were shaped just like oysters. They all tried to make me squeeze their fingers and "speak up pretty to the lady," but I considered them beneath my notice. I have since learned that they were all my adopted uncles and aunts, and, as they have been very good to me ever since, I have long ago forgiven them.

You see my father and mother had come West to live, away off from all their friends, and were boarding in a large city. One must have uncles and aunts near enough to be of some use, so I adopted the people nearest to me.

There was the invalid lady in the back room, who was supposed to be very nervous, and

mamma was always afraid I would disturb her. She wasn't a bit nervous with me, and made a first-rate aunt after a little training.

There was one great big woman who pretended to know everything about babies; but when I stayed with her sometimes while my mother ate her dinner, she would trot me so hard that you could hear the *thump! thump!* all over the house, and when I had the colic she was scared to death. She was always advising my mother to drink milk-punch, till mamma, who didn't need it, hated the very sound of the name; and she recommended catnip-tea for my colics till mamma was bored to death.

She and another lady came in to watch mamma the first time she washed and dressed me, so they could advise and find fault, I suppose.

Several of my aunts were teachers, and one of them used to come in after school and hold me, to rest her, she said. She is now one of my two best aunts. I see her often, and she brings me flowers when I am sick.

I have some very good uncles, too, and they used to fight over holding me Sundays. I always held a reception in the parlor on Sunday, because the family were all at home then. When I was about six weeks old Easter Sunday came, and I was dressed up in a little bit of a sack which was too small to wear again, and I had flowers in my buttonhole.

When I was five weeks old I had no name. That very day my father and mother went down town and bought me a carriage, or a buggy, as they say out here. When they came home mamma said it was a relief to have bought it, and papa said it would relieve his mind if my name was decided upon, and mamma must settle it then and there.

One of my "really and truly" uncles had sent on a list of names which mamma was sure he copied from the dictionary, but which did not seem to suit my fastidious parents, so finally they wrote on slips of paper six different names which they liked very well, shook them

up in a hat, and mamma drew them out. One name came out several times, and so they chose that. Wasn't that a queer way to choose a name? They talked of calling me Marjory, which I think is a very pretty name, but when my grandma heard of it she said: "Oh! no, don't call her that. It always reminds me of Marjory Skinfint." This last-named person was a disagreeable old thing whom grandma knew when she was young, so I couldn't be called Marjory.

A boarding-house baby, if well-behaved, can have a pretty good time after all. Many a pleasant hour have I spent sitting on Aunt Kirkpatrick's bed and playing with her cut-glass cologne-bottle, or in Aunt White's room sorting out her work-basket.

As I grew older I was sometimes allowed to go to the dinner-table on Sunday, and once in a while a big fat man who sat opposite would take me in his lap—or on his knee, for he hadn't much lap—and let me help myself to a little pile of sugar by his plate. Sometimes down in the parlor they gave me the prettiest round red and white things to play with. These were called poker-chips, though what they had

to do with the poker I never could find out. They are very good to bite on, if you don't swallow them.

We don't board any longer, but have a home of our own, and my adopted aunts come and borrow me by the hour or the day. One of them tried to borrow me over-night not long ago, but when evening came mamma felt so badly about it that she cried, and papa had to go and bring me home. I was having a splendid time and didn't want to come away one bit, but one must humor one's mother.

Now, my young and inexperienced friends, if any of you think it worth while to follow my example and be a boarding-house baby, let me give you a point. Choose a place where you will be the only baby in the house, and where there are plenty of desirable people for adoption. If you would keep your friends, take my advice and don't cry nights, however much you may be tempted. An occasional crying-turn in the day-time is to be expected and will not be laid up against you. It is well to board long enough to take in a birthday and a Christmas or two. A bright, well-behaved baby is liable to make a good thing out of these holidays.



## THE MOTHERS' PARLIAMENT.

### A Wasting Baby.

*To the Editor of BABYHOOD :*

The sins against my third child, a fine boy, began before his birth. An ambitious woman, I had combined authorship with housekeeping, sewing, child-rearing, and philosophical reading. A nervous affection of the head, from which I had already suffered, reappeared in a more serious form after the child's birth. When my baby was three months old, I partially weaned him by the advice of a city physician, who said that my trouble was due to lactation, and went so far as to recommend entire weaning in case a wet-nurse could be procured—a condition not to be complied with in the country.

That cold foster-mother, the nursing-bottle, was new to me. Ten miles from a reliable doctor, I made the mistake of depending solely upon the advice given by the distant physician. His rules, which I rigidly followed, contained no hint of the necessity for decreasing the dilu-

tion of the milk as the child grew older, so that at six months Baby was still taking one part of milk and two of water. Meantime my affection of the head had increased, as I believed, to the verge of insanity, though I was under treatment and had laid aside all intellectual work. Alarmed by my symptoms, I weaned the child on my own responsibility—a step which afterwards caused me the bitterest remorse.

From the time that I had deprived my baby entirely of his birthright his possible jeopardy sat heavily on my heart. Friends presently pronounced him pale, and richer food was recommended. Had not Baby's father been reared from birth on undiluted cow's milk? A medical article I now consulted ordered clear milk for bottle-fed babies over six months old. Over-eager to remedy my mistake, I decreased the dilution of the milk too rapidly, adding another sad blunder to the list of Baby's wrongs. There was no immediate result, however, but



after a time pieces of curds appeared occasionally in the otherwise healthy evacuations. By the distant doctor's orders I had sometimes given Baby a meal of barley-water with his milk, but as it was followed by ill-looking movements I had omitted it. Finding it highly recommended to prevent compact curds, I now resumed it, giving it every meal. This measure apparently completed my baby's ruin, for after a few days he had an internal hemorrhage of so serious a nature that after a physician had been procured the child's sufferings could not be quieted by opiates without carrying them to the extent of poisoning.

The hemorrhage was checked after some days, leaving my child like a marble image, with ears like tissue-paper, and eyelids through which the balls were visible in sleep. The child's diet was Horlick's Food and milk, the treatment lactopeptine and tonics. It was some time before digestion began, but when it did finally set in I undertook with joy the nursing of my tiny convalescent back to health—a matter of a few weeks, to my imagination.

Our variable Northern May brought with it unavoidable chills for the tiny, bloodless body, and three times Baby was laid very low with colds. After this experience I never let an ordinary cold run its course with him. Did he show signs of cold, though it were in the dead of the night, I invariably gave him a warm sponge-bath and rolled him in blankets until a good action of the skin ensued.

There came a time when my child grew better, and I began to bethink me of my disorderly house, left to the sway of a green servant. Meanwhile Baby, in playing, got a piece of paper in his throat. The removal of it caused him to vomit: the sensitive digestion was once more overthrown and my past labor worse than undone. The child suffered greatly. Slow starvation was reducing the little body to an appalling meagreness. The face became drawn, the arms and legs wofully spindle, and the rounded baby-flesh of the little thighs lay in lengthwise folds, while the hip-bones became so prominent as to render a pad necessary in carrying him on the arm.

Our doctor, being at a distance, left the responsibility of the case largely upon me. I read medical articles on infantile indigestion, clutching at straws. With the doctor's consent I now tried bismuth with the pepsin, though there was constipation. This was followed by good results. The functions, however, were so enfeebled that only a small portion of Horlick's Food alone could be taken at a feeding. I kept

the child constantly in the open air, wandering through fields and woods by the hour with him, exposing him as much as possible to the direct rays of the sun when it was not too hot. I even deferred his bath until I could give it to him before a sunny window, in hopes the little wasted body might gather life from the sunlight. I oiled the child daily for six months, but whether with any good results I am unable to say.

After four weeks I began adding milk, a teaspoonful more every day to the Horlick's Food, redoubling my efforts to give him passive exercise, and terrorized by an attack of hiccoughs. The child improved during July, though a hair's weight would still upset his digestion. Certain little experiments, such as the change of a rubber nipple with a large opening for one giving a smaller flow of milk, worked evil, and a speedy retreat was always necessary.

August brought the first attack of bowel complaint. The root of the evil was in the digestion, and the problem was to find something the child could assimilate. Fortunately, at this time a letter came from a friend enclosing a formula for feeding which had already saved one baby's life. The proportions were, six dessert-spoonfuls of peptonized milk, six dessert-spoonfuls of barley-water, and a teaspoonful of Mellin's Food dissolved in three dessert-spoonfuls of water. I immediately procured the peptonizing powders, and used either Horlick's or Mellin's Food entirely as a diluent, not daring to try the barley-water again with my child. Digestion began once more, and all would have been well had it not been for the directions coming with the powders. These ordered a shorter time of immersion in the warm water in case the milk had a bitter taste. Ignorant of the nature of the process, I was alarmed by the slight bitterness and did as directed. My baby's digestion failed again. In the dark as to the cause, I now tried various "Foods" pressed upon me by friends, with great loss of time.

I felt more and more sure that the peptonized milk was the only thing that could save my child, did I but understand its application to such a case; and as it was entirely new to our country doctors, I set about mastering the subject myself. Procuring a number of pamphlets published by the manufacturers of the powders, I made a study of the medical articles they contained, and found that one physician had peptonized milk as long as two hours to make it agree with his patient. Not until I had reached the limit of two hours in my experiments did Baby begin to digest once more.



There was a slow but continued improvement from September to January. The baby, always sitting erect on my arm and observing closely, though ever so wasted, began to evince an ethereal sort of playfulness pitiful to see. There was a very perceptible gain in flesh, the baby was taking his milk peptonized only a half-an-hour, and all seemed going well, when a cold on the mucuous membrane of the stomach and bowels put a disastrous end to all our hopes once more. After some days the physician succeeded in checking the ensuing bowel trouble, but my little patient was speedily reduced to a veritable skeleton.

For the ensuing three months I battled for my child, utterly without hope. Could I have gone back I would willingly have given him up to a merciful death in his first sudden illness rather than to have wished to keep him alive to such a year of suffering, only to die in the end of starvation. I still made every exertion and sacrifice to preserve the poor little thread of miserable life, often asking myself, in bitterness of heart, why I did it. As a last experiment we finally called a physician from a neighboring town where summer complaints were prevalent, and who had, consequently, had much experience in the treatment of marasmus. He was appalled with the child's appearance and had evidently little hope of success. He treated the child with a certain tonic in addition to the usual pepsin and bismuth, and ordered flannels dipped in hot brandy to be applied to the stomach and bowels—a measure which had been tried before without apparent success.

Complete digestion began once more with this doctor's treatment. On considering the age of the child, which was eighteen months, and the fact that he had gotten teeth during his eleven months of illness, he said that there was a possibility that the digestive organs had made sufficient advance to assimilate food. Baby was given at first pieces of rare steak and crusts of bread to suck. This heroic measure was entirely successful, and in a few weeks the child was eating finely-minced beef and bread in peptonized milk. The bottle was gradually discarded and the number of meals diminished to three a day. He was restricted to the three articles of diet during the warm months, the medicines were strictly kept up, and the child was dressed in flannel from top to toe and kept constantly out-of-doors. His appetite was so voracious that he was dubbed "the returned Arctic explorer." There was a return of bowel

complaint in August, but this time it was amenable to treatment. During this summer, which I felt to be so critical for my little invalid, my fourth child was born, and with much anxiety I was compelled to relinquish my burden for a few weeks, after which I turned my young baby over almost entirely to a nurse, and resumed the care of the invalid, a task requiring my own judgment and experience. After twenty months of devotion I had my child back once more. And from the little elf-child I had so long carried on my arm had sprung a robust boy, destined to make up his lost growth in six months and become extremely stout and ruddy.

ELIZABETH EGGLESTON SEELYE.

*Joshua's Rock, Lake George, N. Y.*

### A Protest against the Heated Bottle as a Breast-Pump.

*To the Editor of BABYHOOD :*

Allow me to say that H. T.'s new-old-fashioned breast-pump—a heated bottle—mentioned in the June *BABYHOOD*, will undo all the toughening produced by the astringents she has been recommending. I tried it to draw out the nipples, and know that the moist heat makes them exceedingly tender. The cool clay-pipe seems to me far safer. F.

*Cleveland, O.*

### The Doll versus the Doll's Fancy Dress—Miss Willard's View Defined.

*To the Editor of BABYHOOD :*

Some time ago Miss Willard's reference to the modern doll was discussed in the "Mothers' Parliament." While for the most part her views were treated respectfully, one writer seemed to grow quite indignant, and from a mistaken idea of just what Miss Willard said. As a personal friend of Miss Willard's, I desired and intended to write the "Parliament" about it, but my hands were so full at the time that I let the matter slip by. I should be very glad if you would now find room in your columns for the following from the *Chicago Union Signal*, organ of the National Woman's Christian Temperance Union :

#### THE DOLL QUESTION.

"The irony of criticism has received fresh illustration of late in the onslaught made upon Miss Willard as the enemy of childhood, especially of that favorite toy, the doll. Perhaps few women have devoted their lives more exclusively than she has done to the interests of the home, or have set more forces in motion to defend that 'citadel of purity and peace,' as she is wont to call it. But Miss Willard did say that the doll, as we have it in these modern days, fostered a love of dress and display.

"This is the head and front of her offending. To the old-fashioned, simply-attired doll we find

her making no objection; indeed, she says that with such she used delightedly to play. Her view is, that living pets educate children on a higher plane than French dolls; that the fatherly instinct needs development more than the motherly, and hence the doll should be for boys as well as girls, and that the too exclusive devotion of the latter to the care of their dolls often deprives them of needed outdoor exercise, dulls their curiosity concerning the mechanism of the world, and may help to explain why women are not yet inventors. She claims that the care of dolls does not impart the instinct of motherliness, but that in every woman's heart that instinct is the central motive power, whose broadest manifestation is found in those women who through the kindly channels of the Christian Church, and the philanthropies that it develops, have shown themselves to be mother-hearted toward that most winsome yet most wayward of all children whom we call 'Humanity.'

"Miss Willard desires us to say that she is confident the editorial gentlemen who have reflected upon her womanliness of character will, in the light of this explanation, gladly do her justice by publishing her true position as herein given."

I value *BABYHOOD* very highly, and only wish I could put into practice all of its excellent suggestions.

ISABELLA W. PARKS.

*Clark University, Atlanta, Ga.*

[An interesting letter directly from Miss Willard, upon the above subject, reaches us just too late for insertion in this issue. It will be printed in *BABYHOOD* for October.]

#### "My" Porridge.

*To the Editor of BABYHOOD:*

I have seen no mention in *BABYHOOD* of "fine flour of the entire wheat," as manufactured by the "Glen," "Franklin," and other mills. I began to use it altogether in my family several years ago, when my third baby was a few weeks old. After a little time we all grew to like it as well as the white, for bread, pastry, and even cake.

While reading one day an advertisement of Imperial Granum, the thought occurred to me that our flour professes to contain the same elements, and might be equally desirable for infants. I have been so fortunate as to nurse my four babies for a full year each, although the last two have required extra nourishment after eight or nine months. When this time came with Herbert I made a milk porridge with my flour, using it precisely like corn-starch—i.e., stirring a little smooth in cold water or milk, and then stirring the mixture into boiling milk, slightly salted, and cooking over hot water a few minutes until thoroughly done. I gave him three regular meals, making it thin as gruel at first, and always serving it warm with a spoon. It was wonderful to see how eagerly he ate it, and how it nourished him. I began to feed

him in September. He was then a rather delicate-looking child, with a head out of all proportion to his poor little legs and number zero shoes. By Christmas he was wearing number three, and was as plump, sturdy, and well-proportioned a baby as one would wish to see. After he was weaned I made his porridge thicker and used milk entirely instead of part water. He ate no other food for six months more, except his drinks of pure milk, and continued to thrive remarkably. By that time he had so many teeth, and had such a desire to chew his food, that he lived for several months longer almost entirely upon the little unleavened cracker made from the same flour, and known as the "Educator." I had almost exactly the same experience with the next baby; so, while not claiming exclusive merit for it, I heartily recommend my porridge as a nourishing and very palatable article of food for babies. I never add sugar to any food given to children until they are old enough for simple desserts. I want my little ones to learn to like the delicate, natural flavors of our different cereals, and the sweetness of good milk.

*Massachusetts.* EDITH PAINE BENEDICT.

#### The Need of Educated Mothers.

*To the Editor of BABYHOOD:*

There seems to be a somewhat prevalent opinion that a college education fits a woman for almost any position she may wish to occupy but that of wife and mother. She may with propriety be a teacher, or perhaps a physician; but if she use the same qualities that so well adapt her to be the guardian of the minds and health of the children of others in rearing her own children, her education is deemed as lost or worthless.

The same opinion also exists in regard to girls who, although not college-bred, have received the advantages of a so-called liberal education. Public opinion finds expression in such phrases as "How much better off is she than such-an-one who never had any education?" "She'd better have done something with her education before she settled down."

The place above all others where an educated woman is needed is the home, especially the home of those in moderate circumstances, where the mother, with a little outside help, does her own work and tends her own babies. The influence of an educated Christian woman in such a home can hardly be estimated. It may look to others as if her time had been wasted and her education were useless, but she

herself feels the advantage. It is probable she did not have a special training for her duties, but her habits of study, her interest in the advancement of the race, and her desire to do whatever she does in the best possible way, lead her to select the best methods of caring for her children.

We claim that a girl with a college or a liberal education does have a special training for motherhood. Not in the sense, of course, that she has experimental knowledge of baby-tending. That is the lot of comparatively few. Her course of study has given, or should have given, her a comprehensive knowledge of physiology, including the development of the teeth, and what it teaches in regard to food for different ages; a practical knowledge of hygiene, including food, baths, dress, ventilation, exercise, and a few general rules in regard to care for the sick; a knowledge of chemistry, including the chemistry of food; a knowledge of psychology, giving her an interest in the development of the mind and the formation of habits. An additional knowledge of other "isms" and "ologies" is by no means to be despised. Happy is the mother who has the assurance within her that she is capable of leading her sons and daughters in their studies and occupations until they reach manhood and womanhood, and proud are the children of such a mother.

If, however, the mother instinct, with good common sense, is lacking, neither a college education, nor a liberal education, nor any amount of special training can supply the deficiency. Educating or training is only a drawing out or developing the qualities one already possesses, and no system, nor teacher, nor book can furnish the qualities that go to make a good mother.

LOUISE PROSSER BATES.

*Providence, R. I.*

### The Injustice of Haste.

*To the Editor of BABYHOOD:*

The article in the June *BABYHOOD* on "Justice in the Home" has determined me to relate two incidents in my experience as a mother that often make me sorrowful yet, although the second occurrence is now three years away.

My first little girl was to be obedient. On this I was determined, and I conscientiously labored to that end. When she was just past three, a friend visited me to whom she took a great dislike, on account of sundry teasings and chaffings. It was hard to keep things smooth, and to make the offended little one seem as agreeable as I wished her to appear, and one

night came a climax. She sat upon the floor looking at a book. When she put it down my friend said: "Let me see your book." Instantly my child said: "I don't know where it is!" I was shocked at a supposed falsehood and said: "Let Alice take your book at once." My baby looked up and said: "I can't give it to her when I don't know where it is." I felt that the time for firmness had arrived. I said: "If you do not get up and do as I tell you I shall punish you. You have told a naughty story." With tears and protestations my little girl arose, looked under furniture and everywhere but at the book lying plainly on the floor, and declared she could not see it. So I punished her sharply—not with unnecessary severity; this I never did. Still she said she could not find it and I punished her a second time. Sobbing, she put her arms around my neck and said: "May I see if it's on the shelf, mamma? I guess you put it on the shelf, and I truly want to mind." "Put what on the shelf?" I asked. "Why, the *hook*, mamma." Now here was the misunderstanding. She had just before been playing with a fancy *button hook*, which I took from her, and when I said: "It was the *book* Alice asked for," she cried, "Why, mamma, *here's* the book. I didn't *know* you said book." My friend cried, and so did I when the innocent, flushed child handed her the book willingly.

The other circumstance was as follows: My husband was getting the carriage to take friends to the station when we discovered that the time of train departure was ten minutes earlier than we had supposed. I told my little girl to hurry to the barn and tell her papa. As she did not promptly return I went to the barn, found she had not been there, and, searching, found her three houses away, down the street, where she had been repeatedly told not to go on account of a dangerous dog. Bringing her in I told her she must stay at home for a punishment, instead of riding to the station as she had expected. Her screams of disappointment did not move me. Too late I learned that I was myself in fault. When she was calm she said: "What made you send me there, then, if it was naughty?" And on inquiry I found she had mistaken my direction and gone to a barn down the street where the carriage had been kept several months before. Unadvised of the change she had flown to do my bidding—as she supposed.

These things may seem trivial, but they cost me real agony. And I have talked them over with my child, now nearly seven, who gener-



ously said : " Why, mamma, we were not either of us to blame." Yet, I well know that I was, for too great haste in punishing for a supposed fault. I am more careful now, and my second little girl has the benefit of it. I have never been a severe mother; I believe I have been judicious in the main, but I have had to learn that authority needs to take care lest it become injustice, if not tyranny. A MOTHER.

*Chemung Co., N. Y.*

#### Early Use of the Memory.

*To the Editor of BABYHOOD :*

That little boy's memory ! So receptive, so retentive ! Why not use it now, although so young, to fasten some things in his mind that will never leave him ? The page is so white now, and whatever is written there is almost indelible. We all know how the rhymes of " Mother Goose " cling to one all through life. Give him " Mother Goose " by all means. I always felt that I had been defrauded of one of my infant rights because I was not allowed to have it ; and it was almost the first book I bought for my baby boy. But while learning these and the many other nursery rhymes that are found in the exquisite books that are now published for children, why not teach some things that will be like an " anchor to the soul " in days to come ?

Long before my little boy was three years old I commenced to teach him a verse of Scripture regularly each week. Surely that could hardly be called " forcing " his mind. We took them alphabetically, and each night the little fellow repeated his " Ask and it shall be given you," " Blessed are the pure in heart," " Come unto me," etc., with a great deal of pleasure, and each new verse was an acquirement to be proud of.

Some one says : " He doesn't understand them ; what is the use of filling his mind with what to him are meaningless words ? " I don't think they are wholly meaningless to him. He frequently asks me what they mean, and I try to tell him. But though he dimly grasps the force of what he learns, I firmly believe the " Word of God " stored in his mind now will come to him with help and power in time of temptation in years to come.

He has several ways of earning money, and this is one of them : each Saturday night he receives two cents when he has learned his verse perfectly during the week. The other ways are mostly by little self-denials or self-restraints, so his money is really earned. When his bank was first opened he wanted his mamma to use

half the money in buying stockings for the poor little bare-footed children he saw in the streets of our neighboring city, who had greatly excited his pity. So it was sent to a friend who is a city missionary, with the request that she should spend it for stockings, as the little one wished. He is nearly four years old now ; and when the letter came back telling how the money was disposed of, and the gratitude of the children to whom the gifts came, and of the little girl who said she would " pray for Harold every night " for sending her the stockings, he was old enough to think a great deal about it, and his mother felt that at least that step in his education had been taken in the right direction.

I don't know why all this doesn't apply to girls as well as boys, but " my girl was a boy," so I only speak of what I do know.

*Shrewsbury, Mass.*

H. A. A.

#### Cultivating or Curbing the Imagination of Young Children.

*To the Editor of BABYHOOD :*

Several of BABYHOOD'S correspondents have urged the cultivation of imagination in young children. Is it ever necessary to foster this side of their characters ? The babies of my acquaintance seem to have an inexhaustible supply of this commodity, and my plea to BABYHOOD is for more light as to how one may guard the truth from the perversions of the imagination, both in what is said to and by the child.

It is very pretty to hear my little two-year-old exclaim gleefully over a colony of chattering sparrows : " Hear those little birds laugh, mamma ! " or when watching a couple of birds one snowy morning : " The mother-bird and the little girl-bird eat on a snow table with a white cloth." But it becomes an important problem when I find that my information on all subjects is colored by the surroundings of the moment. In speaking first to her of the good God I unconsciously pointed heavenward, where some great fleecy clouds were floating in the summer sky, and to this day clouds for her represent the Deity, and in spite of remonstrance call forth expressions of delight over " all those beautiful good Gods up there." For more than a year " Santa Claus " was a terror to her because of the black empty fire-place beside which she first hung her tiny sock and heard the legend of the children's saint.

Unusually accurate in her statements as a rule, she sometimes fabricates a tale, with her own or some one else's vices or virtues as a theme, to which she adheres with a pertinacity



worthy of a better cause. Especially is this true of "My two little brudders" (myths), whose names and adventures seem as real to her as the bona-fide baby sister in the cradle. How to cultivate an appreciation of her obligations toward the truth, without destroying her pretty fancies which will make poetry out of the prose of every-day life, is my problem.

Newark, N. J.

E.

#### The Charms of Bed-Time.

To the Editor of BABYHOOD :

How often do we hear a mother say, in tones of intense self-approval : "I never have any trouble putting *my* children to sleep. I put them to bed and leave them, and they know it's no use crying or making a fuss ; they have to lie there and go to sleep, whether they want to or not." And the woman will smile complacently, and show you by her manner that she thinks you a great simpleton to waste your time rocking your children to sleep, singing to them, and telling them stories. The thought of tender little children being put to bed as soon as undressed, and left to go to sleep by themselves, perhaps conjuring up visions of "hobgoblins" or other dreadful things, is actually barbarous to my mind. I think the little hour or half-hour before the "saud-man" comes should be entirely given over to the little ones.

Does a mother ever feel so intimately drawn to her child as when she is holding the little white-robed figure tightly clasped in her arms, rocking it to sleep—caressing and caressed in turn? This is the time when confidences and confessions are easiest made. The little offender feels so close to mother, and she is so loving and tender, the confession of the little sins is not half so hard.

Fond memories of my own early childhood come to me as I sing my baby's lullaby, and loving thoughts of the dear mother who held me in her arms, and sang me to sleep, until long after I was a "big little girl." To this day I never hear the sweet old lullaby, "Hush, my child, lie still and slumber," without going back to those days.

"You have a wonderfully good baby," my friends often say to me, in speaking of my little two-year-old daughter ; "she is always sound asleep before seven o'clock." Quite true ; but not so very wonderful, for this small lady is *started* to slumberland at the same time every night ; and by the time the little songs and jingles, which she often helps sing, are over, she is peacefully slumbering.

Fellow-mothers, who often lose many valu-

able evenings because "Baby just won't go to sleep," try the "regular" plan, and see how quickly and well it will work. C. S. V.

Evansville, Ind.

#### The Early Formation of Regular Habits.

To the Editor of BABYHOOD :

The article entitled "A Successful Experiment" in a recent number of BABYHOOD met with such hearty approval from my "John" and myself that we feel like encouraging Alice P. Carter and all others who consider the gastronomic future of their children.

The little people come into the world in utter ignorance ; and why, since they must learn one way, should we not teach them the right way, the way most conducive to their good and our mutual comfort? Why teach them a hard way, a wrong way, and then give them and ourselves the trouble of "breaking them in" afterward? A responsibility rests on the parents' shoulders that is worthy of thought.

The first day of their lives is none too soon to lay them down awake and let them fall asleep when they get ready ; the first day is none too soon to feed them at regular hours, or to begin to establish any good habit. It will be the work not of one day but of many ; but let us take care never to teach them anything they will have to unlearn. Habits are much easier to form than to break. The great point will be for *us* to keep firmly on in the good way, and there can be little doubt that our cares will be greatly lessened thereby. It is not severe treatment, because the children know nothing else, and because they are spared many trials and sufferings consequent on over-indulgence in any way.

Do not keep the children away from the family table. Better spoil the table-cloth and break a plate than spoil the children. They soon learn. Many good habits may be established without their consciously performing any task—punctuality, by having to be always ready when "Bessie rings the bell" ; neatness, by having to be neatly dressed, with hair nicely brushed, and by having hands always washed after a meal before being allowed to play ; deference, by not being allowed to interrupt conversation, at the same time taking part in it. It will strengthen the family bond, and surely there should be no safer place for them than with their parents. Let us remember that "example is better than precept" ; the little imitators will learn much more readily and effectually what they see us do than what we tell them to do.

Philadelphia.

M. W. T.

## THE REMARKABLE CASE OF HELEN KELLER.

THE following interesting account of some of the means taken to educate those who are so unfortunate as to be deprived of both sight and hearing is given by *Science*, and will engage the sympathies of all our readers :

Helen Keller, the daughter of cultured and well-to-do parents, was born in Alabama on June 27, 1880. When about nineteen months old she was attacked violently with congestion of the stomach, and to the effects of this disease is referred her total loss of sight and hearing. Previously she is said to have been of perfect health, and unusually bright and active. She had learned to walk, and was fast learning to talk. The loss of her senses thus took place about seven months earlier than in the case of Laura Bridgman, though Helen seems to have been as much, if not more, developed at nineteen months than was the latter at twenty-six months. In both cases a slow recovery was made, and a painful inflammation of the eyes set in.

It is recorded of Helen that she "soon ceased to talk, because she had ceased to hear any sound." Just before completing her seventh year a skilful teacher from the Perkins Institute—Miss Sullivan—was engaged for her. At this age Helen is described as a "bright, active, well-grown girl," "quick and graceful in her movements, having fortunately not acquired any of those nervous habits so common among the blind. She has a merry laugh, and is fond of romping with other children. Indeed, she is never sad, but has the gayety which belongs to her age and temperament." Her sense of touch is developed to an unusual degree, and enables her to recognize her associates upon the slightest contact. Her sense of smell is very acute, enabling her to separate her own clothes from those of others; and her sense of taste is equally sound. She speedily learned to be neat and orderly about her person and correct in her deportment.

The first lesson is an interesting epoch. A doll had been sent Helen from Boston; and, when she had made a satisfactory exploration of it, and was sitting quietly holding it, Miss Sullivan took Helen's hand and passed it over the doll. She then made the letters d-o-l-l in the finger alphabet, while Helen held her hand. "I began to make the letters a second time. She immediately dropped the doll, and follow-

ed the motions of my fingers with one hand, while she repeated the letters with the other. She next tried to spell the word without assistance, though rather awkwardly. She did not give the double l; and so I spelled the word once more, laying stress on the repeated letter. She then spelled 'doll' correctly. This process was repeated with other words; and Helen soon learned six words—'doll,' 'hat,' 'mug,' 'pin,' 'cup,' 'ball.' When given one of these objects, she could spell its name; but it was more than a week before she understood that all things were thus identified." In a surprisingly short time, Helen completely mastered the notion that objects had names, and that the finger alphabet opened up to her a rich avenue of knowledge. In less than two months she learned three hundred words, and in about four months she had acquired six hundred and twenty-five words—a truly remarkable achievement. She still used her gesture signs, but, as her knowledge of words increased, the former fell into disuse. Next verbs were taught her, beginning with such as Helen herself could act, as "sit," "stand," "shut," "open," etc. Prepositions were similarly mastered. Helen was placed *in* the wardrobe, and the sentence spelled out to her. "Box is *on* table," "Mildred is *in* crib," are sentences which she constructed after little more than a month's injunction. Adjectives were skilfully introduced by an object lesson upon a large, soft worsted ball and bullet. Helen felt the difference in size at once. "Taking the bullet, she made her habitual sign for 'small'; that is, by pinching a little bit of the skin of one hand. Then she took the other ball and made her sign for 'large' by spreading both hands over it. I substituted the adjectives 'large' and 'small' for these signs. Then her attention was called to the hardness of the one ball and the softness of the other, and so she learned 'soft' and 'hard.' A few minutes afterward she felt of her little sister's head, and said to her mother, 'Mildred's head is small and hard.'" Even so arbitrary elements of language as the auxiliary "will" and the conjunction "and" were learned before two months of instruction had passed, and on May 1 she formed the sentence, "Give Helen key, and Helen will open door." From this the step to reading the raised type of the blind was an easy one.



## NURSERY PROBLEMS.

### A Confirmed Habit of Stumbling.

To the Editor of *BABYHOOD* :

Is there any remedy but "moral suasion" for a confirmed habit of *stumbling* on the part of an active boy between five and six years old? There is no evidence of weakness in his legs or ankles, yet it is a very usual thing for him to fall at the slightest obstacle, like a projecting paving-stone or any other unevenness in the street, or even in the house, like a door-sill. Severe bruises and bumps appear to convey no lesson, and as it seems to be only a habit of extreme carelessness we appeal to *BABYHOOD*'s editors to suggest the best punishment. The matter is rendered very serious to-day by a fall, while running, in which our boy struck his forehead on a sharp stone, making two or three mutilations which will probably leave permanent scars, to say nothing of the present pain, which will keep him housed for nursing for some days. We tremble to think of what the consequence would have been had the stone struck his eye instead, and naturally turn to *BABYHOOD* in distress. D.

Stapleton, N. Y.

Differences in natural agility are very great. Further, clumsiness is often increased by certain illnesses. For instance, those diseases, like scarlatina and diphtheria, which have often paralytic sequels, sometimes are followed by a certain clumsiness of gait which depends upon no recognizable paralytic condition. We can recall children whose gait after such diseases was strong and enduring, but whose feet fell like hammers, and in descending a staircase, for instance, made more noise than the tread of many heavy men. Again, some ailments cause a diminution of that harmony of movement which is called co-ordination; this is one of the results of phimosis. As *BABYHOOD* has already said, the harmfulness of phimosis has been much exaggerated; nevertheless, in every case of excessive clumsiness in a boy this possible cause should be inquired into. In any case, we should not think of punishment to cure stumbling. If judicious coaxing and "slowing down" will not break the habit punishment will not, but will rather render the child more self-conscious, and therefore more clumsy.

### Night-Sweats after Confinement.

To the Editor of *BABYHOOD* :

Can *BABYHOOD* recommend anything that will cure night-sweats? I have had them terribly after

each of my confinements. My physician gave me some powerful drug which prevented the sweats as long as I took it, but I found, much to my dismay, that it was drying up my milk, and when I told the physician he said he did not know anything that would not have the same effect. I then tried sage-tea, which I had used before with good results, but without avail. My old colored nurse, with a faith worthy of a better cause than such old-time hum-bugs, faithfully tried a basin of cold water under the head of the bed for nine nights in succession, and when that infallible remedy failed, put a piece of old, rusty saw under the mattress. I submitted to this harmless nonsense with good grace, but when it came to "crickets stewed in milk and used as a plaster," I rebelled outright. "Old mammy" firmly believes to this day that it was entirely my lack of faith that caused the failure of these invaluable remedies. Fresh air and plenty of exercise finally cured me, but that is not practicable at first, and what is a poor mother to do whose only alternative of relief for herself is the sacrifice of Baby's nourishment? B. R.

Apalachicola, Fla.

Night-sweating to any great degree is not a very common symptom after confinement. It is assumed that the patient is not subjected to the ancient method of overburdening the lying-in woman with covers to prevent all sorts of "taking cold." Of course if these methods are in vogue (and "mammy's" therapeutics suggest a doubt) no medicines can prevent perspiration. You do not mention what drug you took, but very likely it was belladonna or some of its derivatives. It has the power of diminishing both the perspiration and the milk. But many tonics lessen the tendency to perspiration without noticeable effect on the milk-flow. This is true of the mineral acids, especially of the aromatic sulphuric acid. These acids may be also used, largely diluted, for sponging the skin with the effect of diminishing perspiration. Sponging with alcohol and water, either alone or with a small quantity of salt dissolved in it, has a similar effect. The last-named lotion may be used before sleeping as well as at the usual hour of morning toilet. Of course, if a physician is in attendance, no remedy should be used without his knowledge and consent, as conditions may exist which would render an ordinarily safe remedy inadvisable.



**"Worms."**

To the Editor of BABYHOOD:

I notice in one of the late issues of BABYHOOD that you suggest worms as a possible cause of a child's restlessness at night. Will you please tell something of this trouble, its symptoms, and remedies? Is it very common, or is indigestion often wrongly called "worms"? A. B.

Galesville, Wis.

You are right; indigestion is often mistaken for "worms," and that convenient word is made to cover a wide extent of ignorance. Intestinal worms, however, are not uncommon, and sometimes really are the cause of symptoms. The worm most commonly disturbing sleep is the *oxyuris vermicularis*, commonly called pin-worm, thread-worm, or seat-worm. By day these worms usually excite little disturbance, but at night, perhaps owing to the recumbency of the patient or the warmth of bed, they create a severe itching and burning of the seat which may disturb or prevent sleep. In some excitable children marked nervous symptoms may ensue.

The treatment consists of great personal tidiness and laxatives to carry off the worms. The itching is allayed by the removal of the worms from the seat, and this is usually most readily done by injections of soapsuds or of salt and water. Olive-oil injections are useful also. Unaffected children should not be allowed to sleep with affected ones, as the parasites may be communicated.

**Removing a Birth-Mark.**

To the Editor of BABYHOOD:

My little girl was born with quite a large brown mark at the termination of the eyebrow, like a very large freckle. Can anything be done for it except to cut it out, which I am afraid will disfigure the eyebrow? W.

Waltham, Mass.

Probably the knife is the best, if not the only, remedy; but you would better show the mark to some one skilled in skin diseases.

**Using the Cup in Weaning.**

To the Editor of BABYHOOD:

In weaning a baby nine months old, would you advise using the bottle, or let her drink from a cup or a spoon? A. S. B.

New York City.

From a cup.

**Graham Flour-Ball.**

To the Editor of BABYHOOD:

My little girl of nine months is now obliged to depend wholly on the bottle. I am trying the highly recommended flour-ball, making it of graham (several times sifted to remove as much bran as possible), but could not successfully feed it from the bottle, so I make it quite thick and feed with a spoon. Would like to ask if there is danger that it would prove too irritating to the alimentary canal? If not, is it not preferable to fine flour? She has

excellent digestion, seems to have perfect health, though she has no teeth yet. C. C.

Boston.

It is probably perfectly safe.

**Flannel for First Garments.**

To the Editor of BABYHOOD:

Will you please tell me the advantages of Jaeger over other flannel? I am anxious to use the Gertrude suit for my coming baby, but feared that flannel next the skin might irritate it, if I made the first garment of the Jaeger or any other flannel.

Brookline, Mass.

E. S. R.

The supposed advantage is chiefly in its being really pure wool, which does not admit of as rapid changes of temperature as other fabrics. We do not think it irritating; in fact, our personal belief is that flannel is in this regard preferable to Canton (cotton) flannel. Some persons, however, cannot feel comfortable with any downy or fuzzy fabric.

**Heat-Rash.**

To the Editor of BABYHOOD:

My little girl, twenty months old, is much troubled with heat-rash. We bathe her with bicarbonate of soda and water, and use zinc or lycopodium powder; but neither seems to do her any good. Can BABYHOOD recommend any different treatment? Would it be well to use vaseline? She has lately been having a good deal of bowel and stomach trouble; but that is largely accounted for by the fact that she is just getting her stomach and eye teeth. We feed her, by our doctor's advice, on oatmeal gruel and milk entirely. Is barley equally nutritious, and would it be less heating to her blood? Would it be well for her to wear linen or lawn next her skin, under her thin merino shirt? The rash usually comes out on her face and neck with every warm spell, but this time it is all over her body and I don't know what to do for it. MARIETTA.

Georgia.

Derangement of the digestive tract often increases the susceptibility of the skin, and anything that relieves the former will in so far help the other. Just what things your child needs in this way your physician can best say. The heat-rash is usually kept up by the excessive perspiration, and the lessening of the latter is also helpful. Limiting as far as possible the child's activity of course diminishes perspiration; sometimes the use of alkaline drinks is useful, but they should not be employed without the consent of the physician who is familiar with her stomach trouble. Again, light and loose clothing—which may at the same time be sufficiently warm to prevent chilling—is very useful, the worst irritation from heat-rash usually being at points where the clothing binds. The lawn or linen shirt under the merino is often useful in allaying friction. Barley is of about the same nutritive value as oatmeal, but less laxative. Some persons find oatmeal "heat-ing," in the sense of favoring eruptions.



### Wool for Undergarments.

To the Editor of BABYHOOD:

Will you be so kind as to give me some definite information in regard to clothing my baby, one-and-a-half years old? I have just read an article by Dr. John Shaw, in *N. E. Medical Gazette*, which protests against woollen undershirts for infants, and recommends linen or cotton or silk instead, as being less irritating to the sensitive skin. Alas! what is a mother to do when so many eminent physicians give diametrically opposed advice? My only appeal is BABYHOOD, in whose judgment I have so great confidence. Do be so kind as to tell me if you advise wool always, winter and summer; and particularly if you would advocate a double thickness over the chest, as in the Jaeger system (it seems to irritate my baby). I know that I myself would find the extra chest protection extremely annoying; and I should think such "coddling" would make Baby delicate. L. E. W.

St. Louis, Mo.

BABYHOOD does not think woollen irritating as a rule. It is a safeguard against chill which no other material equals. A garment wet with perspiration always invites a chill, and the irritation of the skin in summer is chiefly from the perspiration, which flows about equally whether the dress be of wool or linen. The answer to a preceding question will also answer some of your doubts. Linen may go under wool, but it cannot, in our judgment, safely replace it. The value of the double thickness over the chest we believe to be chiefly to make good the spaces usually left in outer clothing in that situation; in a child's garment such necessity does not usually exist. In summer all woollen garments for children should be as thin as can be conveniently had.

### The Mid-day Nap for Older Children.

To the Editor of BABYHOOD:

Will BABYHOOD kindly advise me how long it is wise to continue in a child the habit of taking a mid-day nap? My eldest, an active, healthy boy, was seven this summer. Since early infancy he has daily had his shoes removed at 11 A.M. and been put into bed for one hour. As I teach the children myself, their school hours are so arranged as not to interfere with this nap. The older ones do not always sleep, but they never question the propriety of going to bed and keeping quiet. We do not see that it interferes with their night-sleeping. E. E.

Yokohama, Japan.

The habit is entirely a good one. Let the children continue it as long as you can do so without neglect of important duties.

### Precautions in a Case of Diphtheria.

To the Editor of BABYHOOD:

You answer so many questions, I wonder if you will answer the following: Our little three-year-old Mabel is just recovering from a severe attack of croupal diphtheria. She is hoarse and coughs a good deal. Her stomach troubles her and she is very restless at night. She eats very little, mostly milk with bread or oatmeal gruel strained. I can find nothing upon the after-treatment of diphtheria, and so wish to know—

(1) How long before the danger of infection is over? We have kept our baby away from her, and it is now one week since she began to mend.

(2) How long does the throat remain inflamed usually, and the hoarse cough continue? She cannot speak plainly yet.

(3) What are the symptoms of a relapse?

(4) What is the best preventive against the infection of others, and also the recurrence of the disease with every cold, etc. Some recommend belladonna.

(5) In case of paralysis and the other after-troubles, what is best to do until medical aid can be procured?

(6) Is a change of climate always desirable when it can be had?

(7) Is bicarbonate of soda a remedy indicated in croup, and, if so, what are its effects? We gave forty-grain doses, lessened a very little each dose.

The articles in BABYHOOD have been of very great value to us in this case as in many others, and, if the above is not asking too much of you, we will be very glad indeed to profit, and have others in like circumstances profit also by your good opinions and advice. M. A. C.

Hermosillo, Mexico.

(1) No one can answer this question categorically. Assuming a genuine diphtheria, contagion is possible as long as any of the poison is about, and it may cling to clothing or articles of furniture for a long time. After the sick child is pronounced thoroughly well it should be carefully bathed, its hair cleaned, its clothing all changed, and taken to another room—not yet to other children—while the sick-room and its contents are fully disinfected. The child should be kept away from other children for some days longer at least.

(2) Often a long time—the time is so variable that to state an average would be rather a guess than a rule.

(3) A real relapse consists in the reappearance of a membrane somewhere. If it is low down in the throat the symptoms may be those of croup. If higher up, or on the tonsils, or in the front part of the nostrils, the membrane can be seen, or if high in the nostrils it can be inferred from the kind of discharge.

(4) The disinfection and care described under (1) is the best safeguard. There is no tendency for it to come back "with every cold," unless the poison of diphtheria is lurking around. Belladonna probably has absolutely no effect on the poison. It is useful for some sore throats.

(5) The domestic treatment of the paralysis is practically nothing, except nutrition—careful feeding little by little to avoid choking, if the throat is the seat of the paralysis. For the paralysis of the limbs we know of no domestic treatment to be recommended.

(6) A change of climate—to a healthful one—if the change can be accomplished without too

great fatigue, usually is of value in promoting recovery from debilitating elements. It is not called for in diphtheria more than in other diseases, but change might prove beneficial by removing the patient from the influence of the special poison which had been left undestroyed in the home.

(7) We are not aware that it has ever enjoyed any repute in this connection.

### A Warning against Sour Milk.

*To the Editor of BABYHOOD :*

Can you tell me what I can do when the milk sours which I have to feed my eight-months-old child? My milkman comes at night, and on one or two occasions the milk has been sour at the two o'clock meal the next day. What can I give my child as a substitute when this occurs? It troubles me when I try to think of what I should do in case of not having any milk. The milk I get is usually very good, and the man who brings it says the souring is caused by some cows going dry. Ought such milk to be used?

C. G. D.

*Brookline, Mass.*

Under no circumstances should sour milk be given. The article in the July number on the sterilization of milk will help you. During hot weather it is better to attend to the preparing of food and sterilizing of milk as soon as the latter is received. In case of milk souring, if sweet milk cannot be had, we should use con-

densed milk, or even water gruel, for the day, rather than give any doubtful milk.

### Condensed Replies to Various Letters.

*A. N. B., Brooklyn, N. Y.*—The baby's weight is fair. Inasmuch as during the two weeks you have been in the country the child has gained a pound and has cut two teeth, there seems no reason for artificial feeding until after the hot weather is really gone, say the end of September, when the baby can be partly or wholly weaned as then seems advisable.

*Mrs. J. T. H., Fremont, Nebraska*—It is not possible to say whether your child needs additional food, but one meal a day of good milk, prepared as BABYHOOD has so often suggested, would soon show if the trouble lay in insufficient food. Under such circumstances as you describe constipation is often exceedingly persistent and must be combated with laxatives or enemata until the child is old enough to digest varied and more laxative diet.

*C. L. W., Fairmount, Tenn.*—There is little doubt that you can nurse the next baby. Begin to coax the nipples out gently. Rub them gently with bland oil or vaseline (sweet mutton tallow will do if the others are not at hand) to prevent friction, and then gently draw out the nipple. If this is done daily, and later, if no irritation is excited, twice daily, you will in all probability have a sufficiently long nipple before the baby comes.

## CURRENT TOPICS.

### The Heroic Element in Childhood.

No one could have read the heartrending descriptions in the papers of the cruel ravages of the cold in the Northwest without observing the golden thread twisted through the gray. We read of cowardice and selfish care for Number One among grown men, though as a rule there was little of this and much noble self-forgetfulness; but over and over we were told of children who divested themselves of clothing to wrap it about little brothers or sisters, and the record stirs our hearts anew with the thought of the heroic element in childhood. For patient endurance of injustice, for kind forgetfulness of injury, for ready giving up the best places, for behavior that is really gentle under provocation, children take the palm.

Think of it for a moment. Interrupted in the midst of their most interesting engagements, they cheerfully run upon our errands. Reproved for conduct which looks like misconduct only because it is misinterpreted, they are

not permitted to "answer back," and a self-defence is often condemned as an impertinence. Then, when it comes to some sudden disaster or shocking calamity, how often a little child has tottered from a burning tenement, staggering under the weight of a babe as big almost as herself! A little boy pushed a sister out of the way of the fiery locomotive, though he had to die himself; or, like the hero-child of the Ramapo, has a little martyr been found in death half-naked, his coat and vest wrapped carefully about his younger brothers. Years ago there came to us a dreadful story about a child who had been beaten to death by some ruffians rather than tell a lie. To the heroic element in childhood we may well give reverence. It is a legacy from the heaven that lies about us in our infancy.—*Christian Intelligencer*.

### Simple Life Best.

HAPPINESS is the natural condition of every normal child, and if the small boy or girl has a

peculiar facility for any one thing it is for self-entertainment, with certain granted conditions, of course. One of these is physical freedom and a few rude and simple playthings. Agreeable occupation is as great a necessity for children as for adults, and beyond this almost nothing can be contributed to the real happiness of a child.

"I try hard to make my children happy," said a mother with a sigh, one day, in despair at her efforts.

"Stop trying," exclaimed a practical friend at her elbow, "and do as a neighbor of mine does."

"And how is that?" she asked dolefully.

"Why she simply lets her children grow and develop naturally, only directing their growth properly. She has always thrown them, as far as practicable, upon their own resources, taught them to wait upon themselves—no matter how many servants she had—and to construct their own playthings. When she returns home from an absence they await but one thing—their mother's kiss. Whatever has been brought for them is bestowed when the needed time comes. Nothing exciting is allowed to them at night, and they go to bed and to sleep in a wholesome mental state that insures restful slumber. They are taught to love nature, and to feel that there is nothing arrayed so finely as the lily of the field, the bees, and the butterflies; there is nothing so mean as a lie, nor anything so miserable as disobedience; that it is a disgrace to be sick, and that good health, good teeth, and good temper come from plain food, plenty of sleep, and being good."

In order to thrive, children require a certain amount of "letting alone." Supreme faith in the mother, few toys, no finery, plain food, no drugs, and early to bed, are the best things for making them happy.—*The Quiver*.

#### The Pocket in his Night-Shirt.

THE precocity of eight-year-old boys has often been the theme for newspaper comment, but I think I know of one who is entitled to particular distinction for his brightness. The other day he importuned his mamma for a night-shirt "just like papa's," with a pocket in it. His mother made him one, and the first night he wore it he went to bed in high glee. In the morning, when his mother took the robe off, she found in the one pocket a couple of seed-cakes, three matches, a toothpick, a small silver watch, several pieces of cough candy, and the boy's pocket handkerchief. When the little fellow

was questioned as to the reason for the very varied assortment, he replied: "Well, I thought if I got hungry in the night-time I would need the seed-cakes, and of course I'd want the toothpick afterward; if I wanted to see what time it was by my watch I would have to have a match, and I was afraid of coughing, so I put the candy there." His excuses were equal to his preparations at any rate.—*Minneapolis Tribune*.

#### The Mother's Lost Hour.

THERE is a lost hour among housekeeping women, an hour which is lost in the way certain arts are, so lost, indeed, that there seems to be very little likelihood that it will ever be found. This is the "hour to herself," for which every mother of a family longs, and too often longs in vain. She used to know what it was to have a little time entirely her own now and then in the days of her girlhood, but a matron's duties have absorbed her life completely, and she never knows what it is to be secure from interruption even for so short a time as is required for the writing of a letter. Very often this is quite her own fault, for fault it is, in spite of the angelic qualities which go to make many women hack-horses of patience and long-suffering in their own homes.

It is true that the young wife and mother is more often too self-sacrificing than otherwise. She sinks her own individuality altogether too much in the service of her family. It is the easiest thing to do, to reserve nothing in the way of devotion, but it is not the wisest way. It develops selfishness instead of thoughtfulness in the beloved ones whom she serves, and it too often happens that the wife and mother who denies herself constantly in waiting upon others, and demands no consideration for herself, wakens later in life to find that she has made a mistake. Out of the fulness of her heart she has given more than she ought for the sake of her family as well as herself.

The daughter whose comfort has always been consulted before that of her mother, the son whose hours of study or play must never be interrupted for his mother's sake, the husband who knows that his wife is a saint for unselfishness, impose unconsciously upon her goodness. And they develop a dulness of sympathy, an unreadiness to think of her needs, which is as hurtful to their own moral growth as it is heart-breaking and incomprehensible to the woman who has uselessly laid down her very life for them.—*Christian Advocate*.



## HIGH-CHAIR PHILOSOPHY.

OUR four-year old boy, on being jokingly told that he was too young to include himself in the word "people," slowly and logically replied: "But grandma says the baby is a little lady, and ladies is people, and Parker is older than the baby, so Parker must be people, too."

On another occasion, when stepping up on the gilt rounds of a parlor chair, he was asked, "What are you trying to do, Parker?" "Climbing up the golden stair," he promptly replied.

Another small boy of three, who is decidedly irreverent, on praying "God bless papa," added "and make him a good boy; if you can't, just warm him up."—*L. P. M., Buffalo, N. Y.*

—There was a new calf in the barn-yard, and when papa went to milk out the first milk he took the big wooden slop-pail, as less liable to injury from a kick than a tin one. Mamie, five years old, watched him awhile and then went to her mother with the startling news: "Mamma, that old cow has just got slop in."

One day she had been sitting for some time with one foot doubled under her in a rather cramped position. When she got up her foot was evidently "asleep"; she came to mamma, inquiring in a puzzled way: "What's the matter with my foot?" "I don't know," said mamma; "how does it feel?" The little one stood for a moment in deep thought, evidently cudgelling her small brain for a word which would describe the sensation. Then she replied slowly: "It just feels—*buzzy*."

A storm was coming up, and after an unusually loud peal of thunder, Floyd, aged three, came in, saying in an awestruck tone: "Mamma, I heard it under a *drat big fund*."

Baby Ivers found a tub of water out by the well, and was splashing in it with her little hands to the great detriment of her clothes. Floyd, discovering her condition, informed his mother that "Ivers is dot her dess wet. I saw it leak."

One morning, while we were eating breakfast, papa when taking a drink of coffee choked and coughed slightly. Floyd looked at him a moment, and then said: "Coffee makes papa *coughy*, don't it?"—*Mrs. F. L., Isabel, Kan.*

—Papa," said four-year-old Judah, "where do us get dinner up in heaven?" "Why, Judah!" said his three-year-old sister Maud, coming most opportunely to the old gentleman's rescue, "don't you know we don't have dinners up in heaven? We only have desserts, and they don't make us sick either!"—*X., Erie, Pa.*

—Little Ed despises mathematics. The other day he had just had an awful time wrestling with fractions, when I began to give him sentences to parse. Next to geography, grammar is his favorite study. After hearing him parse, I said: "Now, Eddie, I want you to give me a sentence containing a noun, a verb, an adjective, and a preposition." Immediately he said: "Arithmetic is the meanest study in the world,"—*H., Marshall, Mich.*

—Carrie was a little over two years old. She had been "brought up on a bottle," and, as it happened, had never seen a baby get its food in the natural way. One day her mother took her visiting where there was a baby a few months old. In the course of the afternoon the baby's mother took it into a room where Carrie was playing, to nurse it. Car-

rie looked at the proceeding in the greatest astonishment, and finally ran to her mother with horror in her face, and exclaimed: "O mamma! Baby must be spatted! Baby eat its mamma all up!"—*H. A. F., Chicago, Ill.*

—Mother: "Mercy, children, what are you making such a noise for?" Children's chorus: "Why, to keep the baby quiet, mamma."—*Harper's Bazar.*

—The following was related at the meeting of Sorosis by a lady in whose family it occurred. A small boy was desired to look up the word anonymous, and use it in a sentence. He found the meaning to be "without a name," and he therefore handed in to his happy parent the following: "Mamma has given us a new baby. It is anonymous."—*New York Tribune.*

—In a home on Commonwealth Avenue not many evenings since, the father, unwonted to such duties, thought it incumbent upon him at a certain period during the evening's exercises to take his youngest son up-stairs for a short outing, based upon the child's disobedience to its mother. The echoes from the interview penetrated to the parlor, and while there was great sympathy for the afflicted heir-apparent, a laugh could not well be restrained when, in the midst of the "boo-hoos," was heard the shrill, treble voice: "Pa, I think it's real mean for you to spank me. Why don't you let mamma do her own work?"—*Boston Record.*

—"Mamma, do you know how I get into bed so quick?" "No, my darling. How do you?" "Why, I put one foot on the bed, and then holler 'Rats!' and scare myself right in."—*American Hebrew.*

—Little girl has just returned from market. Mother: "Well, Mary Ann, didn't the butcher have pigs' feet?" Mary Ann: "O mamma! I went and looked, but I could not see whether he had pigs' feet or not, for he had his boots on."—*Harper's Bazar.*

—Bobby was at a neighbor's, and in response to a piece of bread and butter politely said: "Thank you." "That's right, Bobby," said the lady. "I like to hear little boys say 'Thank you.'" "Yes, ma told me I must say that if you gave me anything to eat, even if it wasn't nothing but bread and butter."—*Christian Advocate.*

—Minister: "So you go to school, do you, Bobby?" Bobby: "Yes, sir." Minister: "Let me hear you spell kitten." Bobby: "I'm getting too big a boy to spell kitten. Try me on cat."—*New York Sun.*

—The five-year-old son of a well-known Newburgh merchant was recently receiving his bath, when mamma noticed a small corn on the top of one of the child's toes. She told him to "sit down there, and see if you can't pick it off"; and she put another young hopeful in soak. Number one very quietly and with much interest picked away at the little corn, but in vain. Raising his eyes toward mamma, then casting them about as if searching for something, he remarked in sober tones: "Mamma, if I had sumpun I think I could pound it in." But the hammer was not at hand; and mamma gave her assistance in removing the corn.—*Newburgh (N. Y.) Journal.*



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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A FRIEND of BABYHOOD, whose name is withheld by request, sends us a check to pay for one hundred subscriptions (on which we have made a special reduction in price), with the request that the magazine be sent for a year to such persons as would be likely to be benefited by it, the addresses to be selected, with due discrimination, by our readers or ourselves. We prefer that our present subscribers should contribute the names, and if those who are so disposed will send us one or two addresses we will select one hundred from those first received. The donor gives us the option of sending the magazine, if we prefer, to two hundred persons for six months each; in case of a large number of responses, we may, therefore, decide to make up the list on the latter basis. Our suggestion would be to furnish names of matrons or trained nurses having the care of infants in institutions, when such are personally known; we will give these the precedence in order of selection, without, of course, limiting the choice strictly to them.

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The letter in another part of this number on proper clothing for children is especially seasonable. BABYHOOD has often endeavored to make clear the principles which from a hygienic standpoint govern the choice of clothing—namely, that it should give a sufficiently warm and uniform protection with the least consistent cumbrousness and hindrance of activity, and that it should be loose and unirritating to the skin. The first of these requirements demands that at least one layer of the dress shall be

of a material which is a poor conductor of heat. A good conductor of heat makes the person unduly warm if exposed to heat, unduly cool if the heat is withdrawn, and this difficulty is increased if the clothing becomes moist. From this standpoint woollen is the best material, linen the worst. If linen clothing be moist, from rain or perspiration, chilling is pretty sure to follow if the wearer passes into a shade or sits in a draught. Woollen, on the other hand, makes the change of temperature more gradual. Compare the effects of a bathing-suit of woollen flannel and one of linen as an extreme example. For this reason wool has been chosen by the civilized world as the dress, wholly or in part, of all persons who may be exposed to changes of temperature. In our climate these changes are quite likely to be marked at all seasons, and neglect of the precaution of having proper clothing is pretty likely to be followed by mischief. In the early autumn the temperature may be moderately high by day, while at nightfall it is pretty certain to be chilly.

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It is also a fact, well attested by experience, that inequality of clothing on different parts of the person invites the same mischiefs as does the exposure of one part of the body to a lower temperature than the rest—as, for instance, to a draught of cool air. It is not wise, therefore, to burden the trunk with superfluous layers (and tissue in layers is warmer than the same weight of material in one layer, by reason of the con-

finer air) of clothing while the extremities are lightly covered. But it is a triumph of hygienic blundering if a child so loaded about the trunk is left practically bare about the lower extremities. The fashion of short socks and low shoes simply exposes the bare leg and knee to currents of air which almost always exist near the floor, and which increase in severity as the difference between the out-door and in-door temperatures is more marked, as is the case as the cooler seasons come on.

Violations of the other rules are attended with less hazard, but are conducive of much discomfort. To *BABYHOOD* it seems reprehensible to trick out little children in unsuitable clothing simply to gratify the taste of their elders, who may have a childish fancy to play at dolls with their little dependants. We have in mind the various fancy costumes seen in the streets, in which very young children masquerade as soldiers, sailors, or what-not. Such dresses are usually inconvenient to the child's body and injurious to its mental health, through the stimulation of self-consciousness. To many children, to be stared at is a positive pain. Within a day or two we passed in the street a child who certainly was less than three years of age, apparently not over two. Yet he was dressed in the complete suit of the conventional jack-tar. The broad collar of cloth hung superfluously over his tiny shoulders, his hips and seat were gripped in the tight waist-band of the trousers, while the legs of double width flapped to and fro around his stumbling feet as he was towed along by the stalwart woman who convoyed him.

We have never heard what became of the church whose pastor, some time ago, was asked to resign because he was seen wheeling his own baby-carriage in the street, an act which he probably supposed would commend him to the honor and admiration of his flock—if his flock's opinion weighed with him a particle one way or the other when his baby's comfort was the theme at hand.

The religious body which thus distinguished itself has made no stir in the world since that episode; and while it cannot be said, with our present knowledge, that the church has wiped itself out of existence, neither is there any proof to the contrary at hand. But now the baby-wheeling parent is being persecuted in another quarter. A lady of culture, who recently took up her residence in a suburban town of wealth and refinement, a favorite resort of New-Yorkers, was called upon by a society friend the other day, who informed her that she would not be likely to be "recognized" in the society of the place unless she desisted from wheeling her baby's perambulator in the public streets and delegated the service to a nurse. We know of no copy of *BABYHOOD* ever having reached the congregation above referred to, but we find there is a considerable subscription-list on our books at the latter place; this fact makes us reflect that if peradventure there be forty-and-five righteous there, the town may yet be saved, the baby and its estimable mother included.

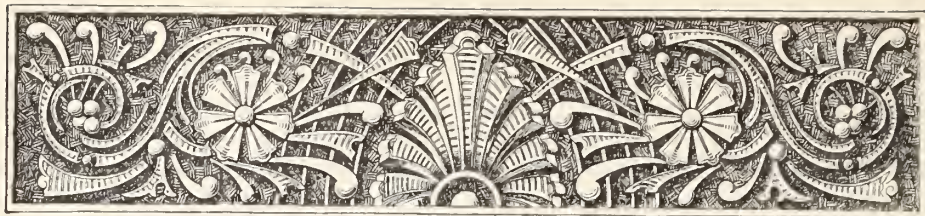
It is certainly gratifying to note many evidences of an increased degree of caution, that shows itself in various ways, in the matter of caring for all details of nursery hygiene. There is, probably, more written upon the subject, in newspapers and periodicals, than ever before, and more heed given to such literature. A striking proof of the spread of popular knowledge upon this and kindred subjects was recently related. A lady, summering in a well-known mountain region accompanied by two little children, became, in the course of a not very busy "season," quite intimate with the landlady of the hotel—one of the smaller ones—at which she was stopping. In the course of conversation upon the care of children one day, the hostess let slip from the bag this confidential bit of a cat: "There is almost no money in summer boarders any longer, for the reason that people are getting so fastidious about things they never cared much about before. They used to take what they got, were satisfied with the food that always

satisfied *us*, and slept in the rooms that *we* were not afraid of, so long as they got the mountain air. Now they come asking the queerest questions about the amount of sunlight in certain rooms, whether we raise our own vegetables, and what hours of the day we milk our cow. They even want to go out and see where the cow is stabled and where pastured, and ask to look at the milk-pail that was last used, to see if it happens to have a mite of dried milk left around the rim. One man came up in advance of his family, and actually measured, with a tape-measure, the distance from the well to the cesspool, and then decided to go elsewhere. So absurd, when we have been drinking from that Well ever since we lived here!" But as the speaker had no children of her own, and had only "lived here" a comparatively short time, the moral was not pointed though the tale was adorned. It is encouraging to believe that each year will increase the number of persons who will act upon the theory that the benefits of a change of air may easily be nullified by a change for the worse of other conditions, and require the observance of the ordinary axioms of healthful living. This can be secured very often when insisted upon, and without appearance of discourtesy. Securing board is a matter of barter in which the purchaser should exercise his right of selection of quality; and indeed his demands can only operate to the advantage of the seller as well.

Presidential candidates are not the only ones who must guard their words if they would escape hostile criticism. Some time ago Miss Willard, whose name is a synonym the country over for all that is good, ventured to express the opinion that much of the inordinate love of dress by girls, both little and big, was traceable to the extensive miniature wardrobes and finery of the French doll of the period—a sentiment in which very many observing women and men would concur. But unluckily the expression "wretched, heathenish doll" was used; and straightway ten thousand public-spirited citizens became inspired to assume the de-

fensive, for fear that the Coming Baby was to be deprived of the educational influence of this venerable pet by its summary annihilation. Naturally, all with one accord immediately bethought themselves of BABYHOOD as the proper forum before which to thwart the impending down-treading of the ancient race, and for a time the letters that poured in upon the magazine threatened to make the opening of the daily mail so monotonous that the appearance of an occasional subscription or two would become startling by comparison. BABYHOOD, fulfilling its office as a purveyor of news and current opinion, printed a few of these, representative of both sides, expressing no view itself (though entertaining a strong one—of course on the right side), and then awaited, with an unshakable faith, the time when the true doll should be vindicated and its chromo ostracized. Like the Santa Claus discussion, the subject at once drew forth editorial shafts from papers of all creeds. Democratic journals suspended stating that every Republican was a blatherskite, and Republican editors neglected to remind the populace that all real scoundrels were enrolled in the Democratic ranks, until both could catch their breath after setting the doll up straight. Religious papers temporarily forgot their denominational differences to the extent of half-a-column or so, and agricultural, commercial, and even sporting journals went out of their way to tell all they didn't know about nursery matters in general and dolls in particular. A leading London daily devoted a full column to the subject, and at last accounts the controversy was still travelling both east and west, and by this time has probably collided somewhere about China. It gives us pleasure just now to print a letter which we have received from Miss Willard, defining her position as it was in the first place; and in thus closing the discussion we congratulate the host of discourses that the straw man they have been pummeling has so completely vanished, and that he has nevertheless been the means of so much healthful and profitable debate.





## THE DECLINE OF SUCKLING POWER AMONG AMERICAN WOMEN.

BY LEROY M. YALE, M.D.

A LETTER printed in the "Mothers' Parliament" of this number, signed "M. D. C.," brings up some important questions about the supposed loss of suckling power among American women. It is a difficult subject to deal adequately with, and possibly no one can do so without more accurate knowledge than has been, or perhaps can be, gathered of the state of things existing in the past as well as the present. But there can be no harm in saying something about it, even if what we say is a good way from being the last word.

We think that, all things considered, it must be admitted that the ability to properly suckle infants is not as general among American mothers as formerly. But in saying this we must call attention to what we think is a misconception as to the degree of this difference. It is not safe to draw conclusions from limited data, and we believe that many more children were artificially fed, wholly or partly, a generation ago than one would infer from such statements as that of our correspondent's mother. At all events the nursing-bottle is an old invention and was well known in the country drug-store of New England at that time. Moreover, the wet-nurse and foster-mother in our own country among the classes able to afford them. We could go farther back, but we do not wish to encumber this article with ancient references. On the other hand, it is easy to exaggerate the present inability of women to suckle their infants. The experience of the monthly nurse must be quite exceptional, or else we fear she be-

longs to a class much dreaded by physicians, who encourage, perhaps ignorantly, any inclination of the mother to give up a trial that is perhaps painful, and which at least offers difficulties at first. There are several other sources of error which must be here passed over; but one other may be alluded to. This has been called "the children's century." In every way the interest of the child is watched. Formerly, if a child was at the breast, there was, so to speak, the end of it; he thrived or not according to the quantity or quality of his nourishment. Now it is not the end of it. The details of the care of children are much more watched, and if a child does not thrive, questions are asked and changes made. There may be and probably are fewer children wholly nursed, but we do not think that under precisely the same circumstances so large a percentage of children now die as formerly. In those days many persons nursed who could not properly do it. Many now wisely aid their breasts with additional food, or even totally wean their children, who would formerly have, with the best intent, half-starved their sucklings. This is no plea for abandoning suckling. A good breast is a blessing; a poor one may be a "delusion, a mockery, and a snare."

But assuming that, after all allowance is made, there is still a marked diminution among native American women of the milk-giving power, what is the cause? Our correspondent is right, doubtless, in supposing that more than one cause exists; but we offer below what seems to us the most efficient one and allude to some minor ones. These



are suggested with full recognition of the difficulty of satisfactorily answering the question. We believe the key lies in the well-known fact that every function of the body is governed by the nervous system, and all work done, physical or mental, uses up something (to speak in a familiar rather than a scientific form) of this nervous energy. If power is used for one thing it is not left to be used for another. Now, every one knows how the complexity of life has recently increased in this country. The same changes seem to be working in other countries, but with less rapidity because the change in the modifying conditions is less rapid. Indeed, if our reading has not misled us, nursing ability in all countries has been always impaired among the classes which had a complexity of interests, or, as we often express it, the "luxurious" classes.

It is hard to realize the magnitude of the changes in our own country. In the first place, there are nearly twice as many persons in the country now as there were in 1860. This does not necessarily make the gaining of a living much harder. But there has been a marked tendency to the making of large cities and towns; to the transference of the habits and customs of the great cities to the large towns, and thence in a degree to the small ones. Now, irrespective of any influence exerted on the physique by mere aggregation, with its changes in atmosphere in tenements and the like, there is an immense influence from the reaction of one person upon another in the multitude of demands upon nervous strength. Moreover, the increase of wealth has widened the occupations and interests of daily life. Let any one of our readers ask her mother what and how much she studied in her girlhood and young womanhood, what were her amusements and how frequent they were, and for other details of life, and make comparison with those of the present day. We believe the result would be surprising.

Now, all this activity costs force; and as each person has a limit beyond which she or he cannot go, nature must retrench some-

where. Many functions of the body may suffer, and the mammary function among others. Of course, if the same process is continued for several generations, the effects are more evident and probably more lasting. The result is analogous to those changes which have been so much described under the name of "American nervousness"—rather a foolish name, as the same results are found wherever similar conditions exist. All the physical training of our educational institutions is an attempt to regulate and check this tendency to one-sided development.

It is commonly noted that nursing mothers get on very well for a month or two, or for several, and then the supply proves insufficient. This we interpret in the same way as the general failure of the function. While the mother is under the care of the monthly nurse, while she is treated as an invalid, carefully fed and sheltered in every way from care or anxiety, she gets on well enough. When she attempts to add her ordinary duties to those of a nurse she finds herself unequal to the task, particularly if the growth of the child causes it to make greater demands upon the breast. As we write a "Problem" is submitted, which appears in another column. The writer says: "Though I have an abundance of milk for a while, a little fatigue or a neuralgic headache will check its flow." This we think expresses the matter in a nut-shell.

Whether or not, to answer the specific query of our first-mentioned correspondent, women who exercise the arms are, under the same circumstances, better sucklers than those who do not, is hard to say. For, as a rule, those who do their own housework have not, in other respects, the same surroundings as those who do not so work. We do not believe that development of muscular strength about the chest has much influence, except so far as the general health may be coincidentally improved. What we do believe is, that the fatigue of muscular work is far less destructive of nervous power than the occupations and amusements of modern life, and as those who do

their own work are, as a rule, debarred from these occupations and pleasures, they may have just so much more power left to give to the milk-glands.

The quotation from the nurse, in the communication of "M. D. C.," about the rarity of suckling suggests a word about the unnecessary abandonment of suckling. A great deal depends upon the temperament of the mother, and also upon the influence of the monthly nurse and female relatives. We recall the pardonable pride with which a nurse once said, "My ladies always nurse their babies." The mother—perhaps a mother for the first time—has no knowledge of the preparation of her nipples for suckling, no means of knowing whether the discomfort of nursing in her case is unusual or not. Her nurse may have no tact or dexterity in mitigating these discomforts, or she may be of the easily discouraged type, and be only too willing to give up what is disagreeable

to the patient and a trouble to herself. If a patient has once failed, whether necessarily or not, she is more easily discouraged the next time. Another reason for unnecessary abandonment of suckling is the contagion of example. Nowadays there is no privacy of life. Once a woman could suckle her infant with pleasure or wean it with regret in the secrecy of her household. Now she can no more do it than a man of prominence can have the quiet of an unreported illness. If the fashionable Mrs. A. or the rich Mrs. B. cannot or does not suckle her child, it unconsciously acts upon many persons of that type whose ailments are always modified by those of some distinguished sufferer. Aside from this, suckling is often unnecessarily abandoned through pure ignorance. We recall cases where a vigorous protest on our part has led to the resumption of nursing with perfect comfort to the mother and health to the child.



## LAXATIVE FOOD.

BY JEROME WALKER, M.D., BROOKLYN.

IN the majority of cases constipation in children is due to what medical men call a want of tone—a sluggishness of the encircling muscles of the stomach and of the intestines. Ordinarily, in health, as soon as food reaches the stomach the sensitive nerves of that organ report the fact to the brain, and it sets by motor-nerves the muscles of the stomach in motion, which, at the same time that they move the contents of the stomach from side to side, help to squeeze into them the gastric juice which softens and digests these contents. As the food is pressed out of the stomach into the small intestine, the muscles surrounding it promptly propel the contents of the intestine along. While some of the contents

here, as in the stomach during their digestion, are absorbed by certain vessels and carried into the blood, the remainder is pushed along into the large intestine, which is practically the sewer of the body. Here, too, the lining membrane and the muscles need to be alert, else the refuse will block up the tube.

### The Action of Laxatives.

Sluggishness or want of tone is sometimes apparently inherited from the mother, or it may be due to breast-milk or other food which is deficient in salts, or which from its too bland nature—rice, for instance (unless given with molasses)—has little or no stimulating or laxative property. Medicinal sub-

stances given as laxatives increase the secretions of the intestinal canal, and so succeed in washing out the bowels, or, by acting through the blood on nerves and muscles, propel the contents along.

#### **Irrational Eating a Cause of Constipation.**

Food substances are local in their effect, and while, on general principles, hygienic measures are frequently more rational than medicinal, still a blind reliance on the first may necessitate an heroic use of the second. I have seen instances where the very frequent use of oatmeal, of brown bread and stewed fruit, for example, has induced either an irritability of the bowels, and a more or less persistent diarrhœa, or the repeated irritation has induced a torpidity which had to be relieved medicinally. I can easily understand, therefore, why it is that every once in a while we see in newspapers and journals a tirade against oatmeal, a statement as to the evil results of its use—in reality, of its abuse. The intestinal portion of the alimentary canal, like the stomach and palate, can be taught in most people to act properly, and like them will be very soon disordered if the owners eat irregularly and of improper food. Irregular eating, and the use of food not adapted to the needs of the system, establish a more or less persistent, irregular action of the stomach and intestines in different persons. And as children readily imitate the bad habits of their parents, if not their good ones, it is not surprising that (knowing, as we do, how many parents are careless) many children grow up constipated. There are certain families where cathartic or so-called liver-pills, sometimes drastic in their action, are *relied* upon for movements of the bowels, or where an enema is used once or twice each day in preference to proper food, etc.

#### **The Importance of Regular Habits.**

In relieving chronic constipation the first endeavor, and the one to keep in mind, is to establish as soon as possible the *habit* of regular movements. Careful guardians see to it that as soon as the baby is able to sit

upon a vessel it is put there at regular periods and encouraged to effect a movement. Later the child is watched to see whether it goes regularly to the water-closet. Physicians too frequently find that mothers do not know whether children are regular or not. If we do not set the children a good example, and if we do not have an oversight over the habits of our babies and older children, we cannot expect to reap much benefit from even a judicious use of laxative food.

#### **Various Foods and their Effects.**

Some of the foods which have a tendency to constipate are condensed milk, tea, hard-boiled eggs, barley and rice water, thickened milk, toast, mutton broth, rice, cornstarch, potatoes and other starchy foods, and white bread. Some of those whose tendency is to stimulate the alimentary canal to action are coffee, oatmeal, Indian meal, soups, beef-tea, sweet potatoes, fruits fresh and stewed, green vegetables, molasses, beans; graham, corn, and Boston brown bread; graham and oatmeal crackers, and molasses cake. Some of these, such as beans, molasses, Indian meal, and even oatmeal if given in large quantity or frequently to the exclusion of a varied diet, will be likely not to readily digest, and to give rise to diarrhœa, the formation of gas, and consequent discomfort and pain.

#### **Oatmeal Water.**

To young babies, if the proper food and regular habits of the mother do not avail to overcome the child's constipation, oatmeal water added to the milk, in quantity from one-half to one-third, is frequently serviceable. It may be prepared in proportions as follows, a supply being obtained in the morning, enough to last for twenty-four hours. It should be kept on the ice. If it becomes at all sour it should not be used.

Add one tablespoonful of fine oatmeal (steamed-cooked is preferable) to one pint of cold water. Stir well and strain off the water. Boil the water thus strained off until it is reduced to about one-half in quantity. When ready to use add to it one-half or two thirds milk, sweeten a little, and also add a pinch of salt.

**Bran.**

If the oatmeal water, used one, two, or three times a day, as necessary, for several days, does not relieve the constipation, then bran can be used instead. For babies it will be best to use the very fine, known as "middlings." For older children—*i.e.*, from eight months to sixteen months old—the bran known to the trade as sixty-pound feed may be used. The forty-pound feed, which is coarse bran, I can well imagine might do more harm than good. For children above two years old molasses cake, porridge, fruit, graham bread, once a day in connection with other food, is serviceable, or a bread can be made of white flour,

mixed with ground sweet corn, which will be both effective and pleasant to the taste.

**Laxative Bread.**

The following recipe for a laxative bread was published some time since in the *London Lancet*:

"Coarse Scotch oatmeal, whole wheaten flour, coarse ordinary flour, of each equal parts. The bread can be lightened by yeast or baking-powder. To a two-pound loaf add one table-spoonful of baking-powder, made of four ounces of bicarbonate of soda, three ounces of tartaric acid, one pound of ordinary flour rubbed well together, and kept dry in a tin or well-corked bottle. The bread keeps well, and a two-pound loaf will be sufficient for a week, taking a portion once or twice a day in conjunction with ordinary bread."



## EXCESSIVE WAX IN THE EARS OF CHILDREN.

BY CHARLES H. MAY, M.D.,

*Visiting Ophthalmic and Aural Surgeon to the Randall's Island Hospitals; Consulting Oculist and Aurist to the Woman's Hospital of Brooklyn.*

IT is a well-known fact in medicine that the gravity and the number of symptoms are not dependent upon the size of the exciting object, but upon the sensitiveness and importance of the particular organ or part of the body affected. Of this many examples might be cited. Death often ensues from very small wounds of the brain, profound symptoms from very slight injuries to internal parts, and loss of sight from the effects of the minutest particles of foreign material. And so it is that the production of an excessive amount of wax in the ear is often the cause of symptoms which, though never dangerous, are marked and are very annoying.

**Ear Troubles in Children.**

The ear is responsible for a good many of the ills of childhood, and it seems very

probable that it is oftener the cause of trouble in children than we suppose; the reasons for supposing this are that the essential parts of the organ of hearing are buried and removed from sight, more or less hidden, and that very frequently symptoms are referred to other parts of the body which are really due to the ear. Thus we sometimes hear of an "ear-cough"; that is, a cough actually produced by the application of irritation in some form or other to the drum-membrane of the ear. That this can occur is readily proven by tickling the interior of the ear of a child with a feather or similar object, and noticing the cough which follows in most cases, or by performing this experiment upon ourselves and noticing the irritation in the throat consequent upon it. Again, many symptoms referred to the head are due to ear troubles; hence



it is very likely that the ear is the author of considerable mischief for which some other part of the body is blamed. This explanation is given in order that the following lines concerning "Wax in the Ear" may be better understood.

#### Functions of Wax in the Ear.

A certain amount of wax is physiological and proper; it is produced by a number of small glands in the ear, and its uses are the following: First, to keep the canal and the drum-membrane of the ear in a soft, moist condition, and thus favor their best action in hearing; no membrane acts well when it becomes too dry, and this the wax prevents. Secondly, it keeps out foreign bodies from the more important part of the organ of hearing; in this it is aided by the bunch of hair which grows at the entrance to the canal. Finally, it is said to prevent insects of all kinds from crawling up into the ear, and not only doing damage there, but also giving rise to excruciating distress by the intense tickling which their presence would excite. The wax has a peculiar odor, often very faint, but still obnoxious to insects in general; sometimes, however, the wax seems to have lost this odoriferous principle, or the insect does not seem to object to it from some reason or other, for it has occurred that flies have entered the ear and laid their eggs there, and maggots are not infrequently found in the ear.

#### Occurrence of Wax in the Ear in Excess.

When from any cause there is an excessive production of this waxy secretion, symptoms result which are due to the stoppage of the canal through which sound should enter, and also to irritation produced by contact and pressure of this waxy mass upon the drum-membrane. Excessive production of wax in the ear is much less common in children than in adults; but it may be commoner than is ordinarily supposed, for when children are too young to describe their symptoms it is probable that the affection passes unrecognized and no cause can be found for the child's crying,

although the little sufferer may place its hands to its ears to indicate that here the cause of its distress resides. When children get older and are able to describe their sensations, they complain of the following symptoms:

#### Symptoms of Excessive Wax-Production.

There is in most cases more or less *deafness* due simply to the mechanical blocking-up of the sound-conducting canal; in some cases this comes on suddenly, and then this is explained by the fact that some sudden jar has altered the position of the mass of wax and propelled it against the drum-membrane. The deafness is not a total one but only partial, for even when both ears are affected some sound can still reach the interior of the ear.

Another symptom which accompanies this condition, as frequently if not more so than partial deafness, is the occurrence of *peculiar noises in the ear*. These vary considerably; those described most frequently are rumbling, hissing, drumming, music, sound of waves, sounds of a locomotive; or, as a little patient once informed the writer, she thought "a steamboat was in her ear."

A third symptom less constant than the others is *pain*; it may, however, explain certain protracted crying-spells in children. Finally, we may have symptoms referred to neighboring parts of the body, the head and the throat, as has already been explained.

#### The Cause of Excessive Wax-Production.

The cause of such excessive production of wax can in some cases be attributed to ear-disease. But in most cases no assignable cause can be found; we may say there is disease of the glands producing the wax, but the cause of such disease would still be unexplained: just as in the affection of the scalp called "dandruff" we know that certain glands must be diseased, because there is an over-production of their secretion, but what the cause of this is we are very often unable to say.

**Treatment.**

The treatment of excessive wax in the ear may be summarized in one word: *Removal*. But though the indication is a simple one, its carrying out is not always as easy. It is true that it consists simply in removing the offending material; but to dislodge this without any injury to the ear is not always easy of accomplishment. In fact, the writer hesitates to recommend any plan of removal on this account, and, on the whole, perhaps it would be better to say that it should never be attempted except by professional hands; for though, very frequently, syringing out the ear in a suitable manner will be all that is necessary, still in other cases drops may have to be employed to soften the wax prior to removal, or the procedure may have to be effected by dislodgment with delicate instruments. So that the object of this paper is not to recommend any plan of treatment, but to call attention to a train of symptoms which sometimes results from so apparently trifling an abnormal condition.

**Mischief from the Use of Hair-Pins and Ear-Spoons.**

The ear has perhaps no greater enemy nor one more to be feared than the hair-pin, unless it be its equally destructive friend, commonly called the "ear-spoon" or "ear-cleaner." These two instruments are often employed to remove wax from the ear, whether it be in excess or not. It may be taken as a safe rule that whatever wax cannot be removed by the little finger, with its nail closely pared and enveloped by a single thickness of a handkerchief or piece of soft linen, should be left there, or at least not removed by the mother. Hair-pins and like domestic instruments often cause damage to the ear-canal and even the drum membrane; hemorrhage from, and wounds of, various parts of the organ of hearing are not infrequently met with by the aurist as a result of the mother's resorting to the use of these instruments; and many an infant and child will be saved pain and further ear-disease if these two domestic instruments are abolished from use in the nursery altogether.

**BABY'S COME!**

BY EMMA W. BABCOCK.

**A**BOUT two years ago a new house was built upon the sunny side of our street, and was adorned with the pretty wedding gifts which had been bestowed upon a popular young couple. It was a delightful place at which to call; everybody enjoyed the tasteful arrangement of the home; it inspired old housekeepers to renewed effort in the way of simple decorations, and helped them to take increased interest in life.

No one would have predicted a change

which fell upon it just five months ago. Upon being ushered into the parlor recently two ladies were interested observers of the transformation a ten-pound baby had power to accomplish. If an artist had wished to give a graphic sketch of still life signifying "Baby's Come!" not a detail would have been found wanting. Opposite the hall-door, in the parlor, stood a handsome baby-carriage; the crimson parasol, heavily trimmed with lace, which be-

longed to it, lay across an easel, taking the place of the drapery which had previously adorned it; in the centre of the room stood a modern "nursery-help"—a chair, which contained within itself all the elements of a high chair, a low chair, a perambulator on wheels, and a dining-chair with a tray. It had evidently been doing duty as a low chair on wheels, the pillow in it still bearing traces of the baby's form; across the top was hung an abandoned crazy-quilt, about the size of a pillow-sham: it spoke eloquently of the time before Baby came!

The clover-leaf table between the windows still stood there, but the set of Shakespeare in the lovely box and the low dish of flowers were displaced now by a silver cup, a piece of crocheting—a baby's sack which had progressed as far as one sleeve, and which suggested to one of the observers something about the "ravelled sleeve of care."

On an easy-chair lay a short dress for the baby; it was spread out at full length. On a corner of the sofa lay a pile of soft, white wrappings, and upon the hook which held back the portière hung a little white muslin cap. It would have been thought a stroke of genius if the artist had hung it there in his picture, for it somehow completed, with a delicate emphasis, the idea of the whole.

The two ladies were sisters, and were possessed of a sense of humor which was a bond of union between them—a bond so strong that they found rare delight in each other's companionship. They looked at each other and smiled; they could not help it, but the smile died away as the mother appeared in the doorway. She had been noted for her taste, her skill even, in dress, her friends declaring that in a gingham dress she seemed clad for any occasion. There was possibly even now a picturesqueness about her attire; it consisted of an old pink chambray skirt, with an unlooped black over-dress upon which were little "splodges" of evaporated milk; just below the collar a button or two was missing. The nurse followed bearing the beaming baby,

who was irreproachable in lace and embroidery and fine linen.

"Oh! yes, I am perfectly well, my health is splendid," the mother said, in answer to inquiries, "but I am tired out all the time taking care of Baby. I have excellent help, and my mother is with me. We have the sewing and the washing and ironing done out of the house, and Baby's papa comes home the minute he can get out of the office, but truly we do not get a bit of time for anything! I haven't returned a call since Baby came, or been to church either! Here, darling!" she said to the child, who had been deposited in the little chair on wheels, and who was wriggling around uneasily and held out the pretty silver cup, which the baby took and began eagerly to whack against the black-walnut tray in front of her, denting the cup and marring the tray. This soon became too tame an occupation, and the baby asserted her right to some more enlivening way of passing the time. Her clamor was heeded presently, and she was taken up and trotted and jumped about in a way which delighted her, but if it ceased for an instant she seemed irritated beyond her small power of endurance. Conversation flagged. The visitors found themselves also presently catering to the baby's desire, loudly expressed, for amusement; they stretched out their gloved fingers, and, after attracting her wandering eyes, performed sundry gymnastics with them; they offered up card-cases and parasol-handles, and at last desperately shook embroidered handkerchiefs in her face, all in order to have a few moments' converse with the mother.

"I sometimes think," she said, "that I am losing my mind! This constant endeavor to keep myself on the intellectual and moral plane of a baby of a few months old is dwarfing, to say the least. I'm glad philosophers agree that it has no moral plane as yet. I'm sure I do not know what I'll do then!"

There is not the slightest ground for believing that the baby is an exceptional one, and she is certainly not a creature of the imagination. From the first days of her

life she has never been let alone; fond friends have contended with each other as to who should do her reverence. No plaything in the market is too fine for her to break; no friendship so sacred that it may not be disregarded on her account; no social or religious obligation so binding that a protest from the baby will not hinder their performance. With brain unduly excited, with taste developed and cultivated for noise and

movement, the quiet of a calm, orderly, well-regulated household denied her—who does not pity the little despot, the touch of whose soft hand has turned to the grasp of a ruler!

What will be done with the baby, or what the baby will do with the family, remains to be seen; but may not its annals adorn a moral and point a tale to the wiser mothers who read them?



## BABY'S WARDROBE.

### Half-clothed Children.

It is a perpetual wonder to me that, in our changeable climate, parents dare to clothe their little children so much less warmly than they clothe themselves. A little girl was on my piazza one day in September. It was in the middle of the month, when in New England the weather is already getting quite cool. This was a sunless, damp day, with the thermometer at sixty-six, which would be considered rather cold for a winter nursery, even although at that season the children would be wearing woollen dresses and probably long-sleeved flannels. How was this little girl dressed in this temperature, on a damp day? She wore a very short cambric dress, with nothing over it, one petticoat of cotton, drawers with no legs at all, and very short socks. She probably had also a merino shirt, but if so the sleeves were short. She had but one thickness of cambric over her arms, and as she played on the floor of the piazza, or on the damp ground, her legs were bare from just above the ankle to nearly the top of the thigh. How was this child's father dressed that same day? Undoubtedly in merino shirt and drawers, covering him from his neck to his wrists and ankles, and over that a cotton shirt and a complete suit of woollen cloth! Why should there be such a difference between his clothes and those of his little girl, who, having been a seven-months child, had

been very delicate and was still exceedingly small? When parents use so little judgment and common sense, is it any wonder that there are so many mothers weeping for their children, and who "will not be comforted because they are not"?

It is utterly discouraging to see the fashion of short socks, which had been given up as dangerous for at least twenty years, now revived again and almost universal. To be sure, parents often say that their bare-legged children have no more colds than others. That may be, but it does not show that they are not all the time in danger. You can expose children to all sorts of dangers, like the little Irish children who run about among the carriages, and *generally* escape injury; but because children may play beside a precipice and not fall over, do we want our precious darlings to take the risk of such a play-ground?

While staying at a sort of country hotel in England I used to look with dismay at the bare legs and insufficient clothing of two little girls in a temperature so cold and damp that I often wore a jacket over my woollen dress in the house. Their mother would undoubtedly have said, if asked, that they were accustomed to their clothing; but when I left, the eldest little girl was at the point of death from an illness which the doctor said was caused by taking cold. It had gone to her brain, and there was no hope of her life. No matter how much a



child may be accustomed to exposure, there may always come a time when some sudden change or some especial state of the system may cause a chill. When parents say that their children do not take colds often, they forget that a cold does not always show itself by a cough or a running nose, but is just as likely, and in summer more likely, to strike to the bowels. Indeed, there seems to be an almost infinite variety of ways in which a chill can affect the human body, introducing every variety of illness.

Most parents put long stockings on their children in winter, and put them into their short socks in the summer. I have an idea that this is even more dangerous than it would be to reverse the practice. It seems safer for a child to wear short socks in a furnace-heated house, and then put on warm leggings when going out, than for it to wear them all through our changeable summer, from spring to autumn, in all the cool and damp days, and the many cool mornings and evenings alternating with intense heat. If a child's legs can get thoroughly toughened by habit, even then there must be a time of very great danger when they are first exposed—a period which must last for some time, and during which the child is perpetually liable to illness which may lead to death. How any mother can run such a risk for the sake of her own vanity and desire to see the child look stylish and pretty, is an utter mystery to me.

Supposing, however, that a child has become hardened and able to bear exposure to sudden changes, in spite of its poor little half-naked body; even then it generally has to repeat the process of getting used to its short socks every spring. If any mother doubts that the change from long to short stockings is a great one, let her try sitting in her room some cool day without her own stockings, and I think, in spite of her long dress, she will need no further argument. I noticed that two little neighbors of mine had the worst colds that I ever saw children have in summer, just after they had made the usual change to their short summer stockings.

Let any mother who thinks I am making a mountain out of a mole-hill ask her physician's opinion. I am pretty sure he will agree with nearly every word I write.

It may be said that thirty or forty years ago all children wore short socks and low-necked, short-sleeved dresses, and that most of us have survived. It is no defence of a bad custom

that it did not kill *all* the children. Dr. Warren, a prominent Boston physician, gave it as his opinion that it killed about five hundred a year in that city. The mothers in those days had the excellent excuse that the custom was universal and their attention had never been called to its danger. The mothers of the present day have not that excuse.

There is no doubt that plenty of half-clothed children have grown up, but, oh! how many little graves we see in the cemeteries. I believe that God never meant those tiny graves to exist. I believe that He never meant that mothers' hearts should suffer the torture described in that verse—

"To bear, to nurse, to rear,  
To love, and then to lose,  
To see my loved ones disappear,  
Drawn up like morning dews."

I believe that if we could learn to have perfect knowledge of His perfect laws, so that we could give our children thoroughly healthy bodies in the beginning, and afterwards bring them up without mistakes, then those little graves would cease to exist. Such perfect knowledge is undoubtedly unattainable, but, in our search after it, it is well that a means has been furnished by which any mother who feels that she has an experience, or even a thought, which may be useful to other mothers, may speak to them in her homely way, without having to wait for literary ability or practice.

*Boston.*

MATER.

#### A New-Fashioned Grandmother's Views on Wardrobe Matters.

SHE does not spin and weave like the *old*-fashioned grandmother, but her life is full of useful industry. Just now she is looking over the woollens that will soon be laid aside, and planning what can be done with those that will be no longer used by the family. She keeps herself supplied with quite a variety of patterns for children's clothing, suited to the needs of the tiny babe and of little ones all the way up to eight or ten years of age; so from the cast-off stockings there will be secured several pairs of neatly made hose; the knit flannel underwear will be made into smaller underwear; all the dress goods will serve for dresses again, and can be used for lining coats and cloaks made of the heavier woollens, while some, besides the flannels both plaid and plain, can be made into a great variety of garments for children. And how to get the most and best out of the means at hand

will be well considered by grandma before the work begins. The cast-off summer clothing has been prepared for use during the winter months, and grandma knows just where it will be needed when summer comes again. A soft little wrap made of summer dress woollen is already doing service about a tiny babe.

In this way the house is always cleared of di-used clothing. The clothes-presses are not over-crowded, but roomy and nice for the fresh, new garments, while help and comfort are given to the needy. To do all this grandma has to rip up old clothes, wash, press, and sew, and at the same time she treats it all as a joke and gets the whole family merry, interested, and helpful. Eight year-old Bess says she is going to be just such a grandma.

In giving old garments to the very poor, grandma says that they must be well repaired or made over to be of much use, for these needy ones have little to work with, and some are sadly incapable. The made-over clothes, with their strong, new seams, and best portions of the goods placed where there is the most wear, the neat, whole linings, new braids, and fresh buttonholes worked over a strengthening piece, and buttons well sewed on, will make them last almost as long as new.

Whatever we can do for the little ones to make them happy and comfortable is not labor lost, says grandma. "If you want to touch a mother's heart and quicken her intellect, do some good, wise thing for her children; and when she sees how long a little skilful work will make her babies look neat, pretty, and comfortable, it will often arouse the spirit of thrift, and there will be eager questioning about how to do things to improve the condition of herself and family." "A little start in the right direction will sometimes do wonders towards helping people to help themselves, and that is the best help we can give to any one."

One of grandma's small blankets she makes with what there is left after the work of remodelling is done was the beginning of better days for one poor woman, who found the blanket an excellent thing to use as wrap or bed-covering for the little ones, both sick and well. But she said it was a continual reproach to her. It told her that if she had considered the needs of her family as carefully as a stranger had done, if she had worked as hard and as willingly to utilize such material as she had to do with, it would have been the *mother*, not the stranger, that would have provided something better than a dirty, tattered shawl that had to do for babies

and street-wear too; but, she added, "I don't believe I ever should have thought of making a blanket in that way."

Perhaps the way is worth a description. Out of the flannels or soft, thick dress goods is made a strip, three, four, five, or six inches wide (the width varies according to the quantity), and a yard and a third long, of one color throughout the entire length. The seams to make it are sewed on a machine and opened and pressed, then another strip is made of perhaps some other color, and so on till enough are made so that their united width will make a blanket a yard and a quarter wide. The strips are then set together, the colors arranged in a pleasing way. These seams are also sewed on a machine and opened and pressed as fast as they are sewed. When all is done, new, thin cheese-cloth the size of the blanket is put into a small quilting frame, and the blanket laid over it. The two are quilted together just as you would do a quilt, using the herring-bone pattern that crosses all the seams, both short and long, holding them firmly. When the work is taken from the frame the edges are turned in and stitched, and then worked all around in buttonhole-stitch with some bright yarn. The stitches need not be very close together, and the work is quickly done; and there we have a neat, striped blanket that is warm and serviceable.

Grandma treats large blankets that are worn thin in the same way. She turns the edges of the blanket together just as the thrifty housewife turns a sheet, then puts cheese-cloth into a frame, and the blanket over it, and quilts it, and it lasts so long she says it will be hard to tell when they will have a worn-out blanket.

To tell all the ways this modern grandmother finds to help others, and the ingenious economies practised by her to get time and means to do so, would fill a volume. Her income is not large for even her moderate wants, but, she says, "there must sometimes be a great deal of hard, homely digging for even the 'cup of cold water'; it cannot always be caught from a flowing rill."

GRANDMA'S NEIGHBOR.

*Oshkosh, Wis.*

### Creeping-Apron.

THIS ingenious though simply constructed little garment will readily commend itself to the troubled heart of the mother whose youngest hope has arrived at that stage of perambulation commonly known as "creeping." How impossible it is to keep the little white dress,

change it never so often, from being in an infinitesimal space of time utterly unrepresentable, owing to its close and constant contact with the nursery carpet! With a yard of cambric—get some pretty, light design—a quaint little overall can be made, into which Baby can be placed in much the same fashion as one would shake a pillow into its case. It entirely envelops the dress, keeping it as spotless as when fresh from the laundry, is worn with entire ease and comfort, and can be removed at a moment's notice. Fold the cambric in the middle, thus making it half-a-yard in length. Seam up the sides, form-

ing a bag about twenty-seven inches wide. At each end of the open mouth cut a semi-circular piece for the arm-holes. Gather the top of the bag into a little straight band, and face the arm-holes with a narrow bias strip. Finish them by putting straps over the shoulders. At each end of the bottom of the bag open it for the space of seven inches. Gather these apertures into little bands of a size to slip readily over Baby's ankles. A brief trial of this little garment will insure its permanent and valued place in the nursery.

K. B.

*Jersey City Heights, N. J.*



## MISS WILLARD ON THE DOLL QUESTION.

THE following communication from Miss Willard was received by *BABYHOOD* just too late for insertion in last month's issue.

*To the Guardians and Inhabitants of Babyland:*

Can I come in? Or will the dolls roll their eyes, shake their heads, and whack away at me with their wax hands? I had always fondly supposed myself a loyal friend of little folks. But now I am held up as a warning, and burned in effigy, figuratively speaking, with dolls to light the faggots.

Please let me tell you how it came about that I was thus grievously misapprehended. Having been asked to write a leaflet on the assigned topic, "Dress and Vice," I was trying to show how the French doll may unduly foster that love of finery which is one of woman's greatest temptations. Against the simple, modest, "old-fashioned doll" I did not mean to say a word, for my dear old doll "Anna" was a favorite plaything of my childish years. But I did not guard my point as carefully as I would now, after the terrible hair-pulling that has fallen to my lot, or as I will in future editions of my harmless little leaflet.

Let me, then, here and now declare my faith more definitely: I believe that boys and girls should be trained very much alike and have the same toys. This will give the girls abundant out-door exercise, fit them out with that physical equipoise that we call health, which means holiness, which means happiness. It will also

develop their observing faculties, now so much less brought out than those of boys. Perhaps the fact that a doll is so early placed in the girl's arms may help to account for her dulled curiosity, her greater passivity, her inferior enterprise, bravery, and courage. Possibly the doll may help to shut out the world of wonder and surprise in which she was meant to dwell. The ever-present doll may close her mind to studies and observations which would develop inventors among women. I have always believed the lack of mechanical inventions as the fruit of woman's brain was superinduced by a false training, and that possibly doll-nurture had somewhat to do with it. Perhaps because my own early years were spent upon a farm, I have thought that live dolls—that is, pets—were nobler, as they are certainly far more frolicsome and responsive, companions for children than the wax imitations that form the "regulation pattern" toy of girls.

The excessive altruism of women is one of the greatest wrongs to men and defrauds them of a thousand opportunities for forming noble character. The doll may have much to do with this much-to-be-regretted outcome. I repudiate the notion that any girl of normal constitution needs a doll to develop or to cultivate a mother heart. God has been before us all in this, and the central motive power of every woman's heart is mother-love. It has a thousand ways to show itself, and makes women, not a few, take the part of foster-mother to thousands

of human beings that are worse than motherless.

There was a deep philosophy in the reply made by Susan B. Anthony upon her sixtieth birthday to a gentleman who said, when asked to sign a petition for suffrage: "The world is a great loser that such a strong, well-balanced woman, physically and intellectually, should not have been a wife and mother." Miss Anthony replied: "Isn't it better to have secured a law by which all mothers may own their own babies than to have been the mother of half-a-dozen children to whom I had no adequate legal right?" The work of that great-hearted woman has made the world a brighter place for millions who are neither wise nor grateful enough to speak her name except with

sneers. There are cogent reasons why the fatherly instinct is less strong in boys than is the motherly in girls, and nothing more beneficent could happen to men or to the world than that they should have this sacred, home-conserving instinct more strongly accentuated in heart and life. If either is to play chiefly with dolls, by all means let it be the boy.

This is my heresy in full, and I do not believe it to be monstrous or in any wise unreasonable. Let me, then, humbly commend it to the kind, thoughtful, and charitable attention of all who share the sacred cares and joys of babyland—I mean all but the dolls.

Yours in loyalty to my motto: Womanliness first—afterward what you will,

*Evanston, Ill.* FRANCES E. WILLARD.

## SUNSHINE AND SHADOW.

BY KATE HUDSON.

ALL moods of thine are clothed with grace,

My darling baby boy,  
The softest airs of heaven trace  
Those rippling lines of joy;

While in unfathomed depths of blue  
A sparkling sunbeam burns,  
And roses glow with chastened hue  
Through alabaster urns;

Or when a sudden sorrow's tide  
Thy tender frame o'erpowers,  
And rain-clouds o'er the sunbeams glide  
To break in glistening showers,

The roses blush a deeper stain,  
Washed by the mimic storm,  
And prismatic tints the drops of rain  
To trembling pearls transform.



## THE ITALIAN BABY.

BY M. I. GOZZALDI.

WHEN a little Italian opens his eyes in this world, his first acquaintances are not a doctor and a monthly nurse; the *levatrice* combines both in one. Two or three months before the expected arrival she is introduced to Baby's mamma, and from that time makes frequent visits to talk over matters. For these she makes no charge, as she is at her patient's call day or night until her services are no longer required, at which time she receives a fee according to Baby's station in life. She does not stay in the house after the first few hours, but comes morning and evening to see that all goes well.

These *levatrici* take a four years' course in a maternity hospital in one of the large cities, where they have daily practice and lectures, and at the end must pass an examination to obtain a diploma. Each village or ward of a city has one or more of these women, who are obliged to give their services without charge. They receive a yearly stipend from the authorities, and, unless the mother is very poor, two dollars or more from each case. A large painted sign over each door shows their name and profession, and perhaps the hospital from which they obtained their diploma, and is sometimes further decorated with a lifelike painting of a naked



baby. In serious cases they are obliged to summon a physician.

The head of a new-born child is not washed lest he become stupid. His first clothes are a linen band and a little shirt, and, thus attired, he is laid lengthwise on a pillow, over which is spread a linen cloth a yard square. The upper corners of the square are drawn tightly across the breast, binding the arms to the body; the lower corners are then tucked in between the legs. Under the cloth is a *faschia* (or band of piquet or stout linen, about three yards long and six inches or more wide) tightly rolled. Beginning at the neck this band is wound round and round the body, one fold lapping half over the last, until the feet are reached and closely bound together. In winter the feet are covered with a square of wadded cloth, and the strings that are sewed on to the *faschia* keep it in place by being tied tight around the ankles. A cap, always worn in the house, completes Baby's costume, and he is ready to be laid on the bed or stood upright against a tree in the field, as is most convenient.

If Baby belongs to a rich family and has a nurse, he is placed in a *porte-enfant* (like that described in *BABYHOOD*, Vol. I., No. 11, p. 337) and is carried out to walk; but babies do not go out much in winter. He is kept as a mummy from two to six months, according to the family traditions. Sometimes he is unbound during the day when as young as two months, but is always wound up at night. The first time he is dressed is a great event, and it usually occurs on a holiday, at which time he receives presents. A child that has been bound up after this fashion, when it is first undone is unable to grasp anything. In Naples the arms are left free. That the fifteenth-century babies were treated alike one may see from the reliefs, here reproduced, with which Luca della Robbia decorated the outside of the Foundling Asylum in Florence.

Baby's first meal will probably be a nauseous mixture called *pan' cot*. It is bread-crumbs boiled in water, to which a little sugar, salt, and butter has been added. This he will take every morning, and his mother several times a day; he will also be given syrup of chicory, sweet-almond oil, or some other purgative; he is rarely put to the breast the first day. After that he is given the breast every time he cries, sometimes ten times in one night! He soon, however, begins to eat other food besides his *pan' cot* in the morning—at breakfast-time coffee and milk, at noon corn-meal mush (so hard that it is cut with a string), a bit of fat bacon, and perhaps

later in the day an egg or two and some broth: between whiles a crust of black or white bread. Wine is given from the first, and cheese-rinds are recommended for children to cut their teeth on. Grapes are given to a child six weeks old. If Baby doesn't eat he must be ill.

"He hasn't eaten anything for several days," said a woman to me lately, speaking of a young baby.

"What, nothing!" I exclaimed.

"Nothing at all!" she answered. "Of course he drinks; he has his mother's milk."

It is not to be wondered at that the babies are as fat as little pigs, with bloated, almost purple, cheeks. The cure for rickets is to put a child, if it can stand, in a wine-vat and let it tread out



the grapes until overpowered by the fumes: this is to be done every day as long as the vintage lasts. If this be not possible the legs must be rubbed with red wine. I saw it seriously stated, in an article advising mothers how to feed their babies, that a child of seven months should take 180 grammes, or more than six ounces, at one time; this to be repeated five or six times in the twenty-four hours!

In the mother's room at the time of the birth a taper is lighted before a picture of St. Anna to secure her aid. In Lombardy eggs, milk, bread, fruit, and many other things are forbidden to the mother for forty days. In Tuscany, she has *farinata* or thickened milk, eggs, and broth from the first. It is the custom there for friends to bring baskets of eggs when coming with congratulations on the birth of a child. This is depicted in one of Ghirlandajo's frescoes, "The Birth of the Virgin," in the Church of Santa Maria Novella in Florence. The first food should be served to the mother on a dish like

the Urbino ware, the clay from which it is made containing dust from the "Holy House of Loreto."

If Baby's parents are rich he has a *balia*, or wet-nurse, usually a peasant woman from Brianza, or the mountains near Rome, who thus becomes a personage in her home, a distinction she retains through life. When she enters the house she receives an outfit of underclothing, twelve pieces of each kind, and she wears the costume of her village, only made in rich stuffs, with an apron of the most delicate lace. Around her bare neck are strings of pearl or coral, and if she be from the Brianza a great number of silver pins, looking like the bowls of two spoons fastened together, are put through her braids, forming a halo around her head.

If Baby be the child of a shop-keeper or workingman he will probably be put out to nurse with a peasant woman, perhaps many miles from home. She is paid from \$3 to \$5 a month for keeping him, and his parents visit him once a month, when he is dressed in his best to receive them. It is not uncommon for a young couple to have two babies, ten or twelve months apart, both out at nurse in different villages. This custom also prevails where

the parents are well-off; I know a doctor and a hotel-keeper who both send all their children out to nurse.

Baby's first public appearance is at his christening, which usually takes place on or before his eighth day. He lies on a pillow, and is entirely covered with a quilt of white satin with gold fringe and monogram. The godfather appears in a dress suit or his Sunday best. The *levatrice* expects to make part of the *corteo*, or procession, and carry the baby; and if she obtains this privilege, the sponsors give her presents of money, the parents of jewelry. Baby usually receives the name of the saint on whose day he is born, together with a number of other names. If one of these is chosen as his principal name, his name day, and not his birthday, is celebrated every year.

It must be added in justice to the physicians that they do not approve of this indiscriminate feeding of young infants. But they have also their prejudices—for instance, that lancing the gums is a dangerous practice; they also will not vaccinate a healthy child till four or six months old, unless the small-pox is raging. On the whole the American baby has little to envy in the lot of his Italian brother.



## NURSERY PROBLEMS.

### Long and Thick Hair as a Cause of Weakness— Punishment for a Disobedient Child.

To the Editor of BABYHOOD:

(1) My little girl of four-and-a-half has long, thick hair, and a great many people say that that is why she is not a very strong child, and that it should be cut. Our physician laughs at the idea. What does BABYHOOD say?

(2) This little girl is a nervous, rather precocious child, and I find it difficult to know how best to punish her. She is very disobedient, though I have made effort ever since she was born to teach her obedience. Rather than give up her own way, she will disobey without the slightest hesitation, though she is quite well aware of the consequences. Can BABYHOOD suggest any mode of teaching her obedience?  
M. D. L.

Montreal.

(1) BABYHOOD sides with the physician. Many weak children, as well as strong ones, have abundant hair; but the hair is not the cause of

the weakness. Even if overgrowth of hair were a drain on the strength, nothing could be gained by cutting the hair, because the growth would not be lessened by the cutting.

(2) There is little in the way of advice of a specific nature that BABYHOOD can give. It believes that the method of governing must be planned for each child. Careful and loving study of the child's character is an essential to success, and the particular way in which the child is to be managed is to be the outgrowth of such study. A parent should bear in mind that obedience is not an end in itself; it is simply a means to the good of the governed. Military discipline is not for the benefit of the commander, but to make the army, in its time of need, the most powerful possible expression of the nation to

which it belongs. Domestic discipline exists only for the general good, and is gradually relaxed as the development of childish intelligence enables the child to appreciate its responsibilities and to govern itself. Parents often forget this. The wise parent will avoid unnecessary collisions of will between herself and the child; but if a collision is inevitable, she must not leave it doubtful who has been victorious. All of this frequently involves ineffable patience, self-control, and often self-abnegation. But it has its reward. Every child, not absolutely mentally or morally hopeless from defect of birth, will show the effect of such care. Not all children can reach the same moral any more than the same intellectual plane, but all are helped by kind and conscientious care, even if the child be cleverer by nature than the care-taker. The method of guiding may vary greatly, but unnecessary crossing of a child's purpose is one of the poorest.

#### Hairiness as a Symptom.

*To the Editor of BABYHOOD:*

Looking through a recent number of *BABYHOOD*, I saw, in answer to a letter, you spoke of "people of a peculiar type of a feeble constitution are sometimes hairy." Will you please explain what you mean by that, as our baby is quite hairy?

*New York.*

A READER.

Hairiness has always been spoken of by writers as a sign of the scrofulous peculiarity. This sign is, however, to be taken with a good deal of allowance, for all hairy persons are not scrofulous, and all scrofulous persons are not hairy. It is true that certain types of scrofulous persons have a peculiar hairiness, but we should not let hairiness alone give us any anxiety in view of the uncertainty of the sign.

#### The Turning in or out of the Toes—Teaching the Use of the Chair—Nursing a "Biting Baby."

*To the Editor of BABYHOOD:*

(1) I have been reading *BABYHOOD* ever since the year it was started, and have never yet seen anything on a subject very interesting to me, namely: Why does a baby so often begin to walk with the toes turned in, instead of out, or straight, as you say they should? I am greatly annoyed by having my little two-year old daughter walk very badly, and I would like to know what reasons *BABYHOOD* can give me for it. One reason that has suggested itself to me is the wearing of rather heavy diapers, though in other cases that I know of the same kind of diaper has had no such effect.

(2) Another question: At what age should one be able to put drawers on a child? How is it that European children can be taught very young to do without diapers at all?

(3) How often should a child, say two years old, be put on its chair in a day, in order to prevent wet diapers, and how long should it be compelled to stay there each time?

(4) Does *BABYHOOD* know what to do with a baby who at five months, with only two little bits of teeth, insists on biting his mother when she nurses him? My nipples have always been very tender, and as my baby is very large and strong he bites me often in a way that makes me quite sick. I am sure I have plenty of milk, and also well formed nipples.

H. S.

(1) At birth the toes naturally turn in; the outward rotation of the limb comes gradually and sometimes slowly. It is the walking axis of the foot that is straight, not the toes. The great toe, if freely movable, may point inward, while the axis is straight. If the axis is turned in, it may be from a fault of the foot or of the limb higher up, particularly at the hip. We have often seen the latter in children who had walked several years, the limb being perfect, but the habit of toeing out not having been acquired.

(2) No age can be set. If the teaching of the use of a vessel is begun at birth, as in some classes in England, the habit of not wetting is acquired early. Other things being equal, the earlier children are taught the earlier they learn. A settled habit is not easily dropped. Whether very early teaching is worth while, is open to question.

(3) No rule can be given you. Children are as different as adults in their ability to retain water in the bladder. Every mother or attendant must make a rule from the habit the child has already established. Soon after a meal of liquid food, within an hour ordinarily, there is a desire to pass water. The secretion of urine remains more active for a while and then stops. If the monthly nurse begins to use a vessel the child may have regular habits from the start, otherwise you must start as best you can.

(4) We would do nothing with the baby, but be glad it had strength to get teeth so early. Of course he bites; babies usually do, but gums do not hurt as teeth do. For yourself you can protect the nipple by an artificial one of rubber, and coax Baby to suck at it as you would teach him to use a bottle. But there is no feasible way of keeping his jaws apart while his lips are tightly enough closed to suck.

#### Mal-Nutrition—Judging of the Flow of Milk and Regulating it—Enlarging the Milk-Glands.

*To the Editor of BABYHOOD:*

(1) I would like to find out, if possible, first what mal-nutrition is; when it begins, whether it can be prevented by beginning in time, what causes it, and what, if anything, will cure it. We have had two children; one came in October, thin but otherwise nicely formed and seemingly healthy; had to commence feeding her when she was a month old because I had scarcely any milk. She lived but five months, and in that time had not grown



at all. Her food was all undigested. Our second baby came in May; she was quite fat, much stronger and healthier than the first. By taking oatmeal and milk freely, I was able to nurse her for three months. For some weeks she did nicely, then she got thinner, but grew long and stronger. When about seven months old she was good-natured, healthy, and active, but had not grown any heavier than she was at one month. She did not eat much, but retained and digested quite well all she ate. Milk never agreed with her in any way. Even peptonized milk passed her in curds and made her sick. At this time (about her eighth month) her appetite failed. We tried different foods, and though at times she seemed to pick up, she gradually faded away, falling asleep, for that is all it seemed like, when she was ten months old. Never having had a really sick day in her short life, yet she never thrived after the first month. Now, why is this? I dare not have any more children, much as I desire them, until I find out, to some extent, what is the cause of these two children's delicacy. Neither my husband nor myself have ever been troubled with indigestion until recently. We are not very strong or robust, but there is no disease about us. It is true we have neither of us enjoyed the best of health for some time, but others with much poorer health have strong, healthy babies.

(2) Is there no mode of telling whether one has milk enough, than the way the baby thrives on it? I believe I had enough if I could only have kept it, but when Baby nursed one breast the milk flowed from the other also.

(3) Could not that be stopped?

(4) Does the fact that my milk dried up in a week or two after the baby ceased nursing, without any trouble, prove that I did not have enough? She refused to nurse after I began to feed her, but I kept her at it for some time, and think I could have succeeded in nursing every other time had it not been for meddling neighbors. Their remarks, both to me and others, together with the baby's crying, so worked on me that I am afraid what little milk I had was hardly fit for the baby. It seems to me that people are too quick at giving up nursing their children. I have already been advised never to try nursing another child, but to feed it from the first.

(5) Are there not comparatively few children's deaths from too little food compared to those resulting from over-eating?

(6) Is there no way, either by electricity or otherwise, to enlarge the milk glands or increase the flow of milk? Ought one to continue to drink while nursing, no matter how much milk one loses? I never drank without feeling the milk come, but it did not stay. I. G. W.

*Milwaukee, Wis.*

(1) The problem proposed is not, as it stands, capable of any categorical answer. Probably no such answer is expected, for to give any idea of what nutrition is would be to write a treatise on physiology; to describe mal-nutrition would be to tell all the ways that the "harp of a thousand strings" may be out of tune. The case detailed belongs to a class well known, but as sad as any we meet. Only a keen physician with opportunity of knowing the feeble little ones and their parents, and of searching the family histories for unsuspected sources of weakness, could venture

to say why in a particular family the children cannot be successfully reared. On the evidence before us we do not dare venture an opinion. But we can answer some of your specific inquiries.

(2) The test of actual experience is the best because it is the only real test. An opinion may be formed from the proportion of cream rising on a specimen of milk set aside for the purpose, and by microscopic examination. But beside what is evident to the eye, and even what chemistry has yet shown, there are peculiarities in milk which affect the infant, some of which are permanent, some temporary. Hence, as before said, actual test alone can definitely show if milk agrees. But shrewd watching may show want of proper nutrition before it has reached a serious degree.

(3) There is no practical way of preventing this over-flow. The milk may be caught in a nipple-glass, and if of much amount fed to the child.

(4) The easy drying-up of the milk proves nothing of itself. Many perfectly satisfactory breasts do this. You doubtless properly estimate the effects of idle talk upon you. The mischief done by thoughtless, not malicious, talk is incalculable in such cases. Doubtless your anxiety made you peculiarly susceptible to such influences.

(5) It is doubtless true, at least among the well-to-do, that over-feeding is more harmful than under-feeding. The effects of under-feeding are slower of manifestation.

(6) There are various ways of stimulating the milk-glands, but within a limit probably fixed in advance. The limit in all individuals seems to be set for all functional performance. For instance, by gymnastic training the muscular strength can be much increased, but not indefinitely; and A with all his training may never reach the natural strength of B, who gives little external evidence of his superiority. The milk-giving power seems to be very largely controlled by nervous influences, and these are exceedingly hard to regulate, and most hard in those most needing the regulation. Drink is only useful so far as it is nutritious drink; drink which simply dilutes is of small value, except in so far as a good supply of liquid may by increasing the volume of blood assist various organs to perform their functions.

#### Sore Mouth—Hours for Nursing.

*To the Editor of BABYHOOD:*

Will you kindly advise me as to the best way to treat an infant of four months for sore mouth? Her



little cheeks are lined with a white, curdy substance which is easily removed and does not leave any raw surfaces, but seems to take the membrane too. She is quite strong, sleeps well, weighs fourteen pounds, and, although not fat, is round, and seems well nourished. I nurse her myself and generally have enough milk, but at times am obliged to feed her once a day, when I give her Mellin's Food and milk, with a little lime-water added to sweeten her stomach, which is sometimes sour. Her passages are not always perfectly digested, but are always a healthy color. Have used various preparations of borax, and always wash her mouth after nursing. My own health is unusually good, which makes it more difficult for me to find a cause for the trouble.

(2) How often should I nurse her? Is once in three hours during the day and once in the night too often? E. W.

Chicago.

(1) The trouble is probably what is popularly called "sprue." Your treatment, so far as it goes, is good. The parts should be washed carefully with pure water and then with a solution of boric acid in water. (Add the powder of boric acid to water and let as much dissolve as will; use the clear liquid after thorough settling.) The child is not to swallow the wash, but a rag dipped in it is to be used to wipe the parts. If this is not successful ask your physician to make some application.

(2) The hours of nursing seem about right for four months.

#### "Black-Heads."

To the Editor of BABYHOOD:

I have never seen anything in BABYHOOD regarding a certain condition of the skin which is unpleasant to behold. I refer to the choking-up of the little glands on the forehead and around the mouth, which become blackened and are known as "black-heads." Then the pores of the skin of the nose are enlarged and minute fatty particles can be pressed out. This gives to the skin a greasy look. I have asked a physician about the cause, thinking perhaps it was an impurity of the blood. But he claims it is not, and that he knew of nothing to remedy it. My little girl is not conscious of her defect, but I wish to do all in my power to make her skin pure and clear. I have kept the pores of the skin of the whole body open by frequent bathing, thinking that might be of benefit. Sometimes she has little elevations which are like little pimples, but when they are squeezed out it is just the same fatty substance which exudes—not pus. Now, I would like your opinion and advice, but before doing so I would state that her diet has been carefully watched and only the simplest food allowed. Are these appearances of the skin, especially the little fatty pimples, due to the state of the blood? What course of treatment could you advise me to pursue in order to have the pores of my little girl's face clean, pure, and healthy? I know it will prove a source of mortification to her, if it is not helped, when she grows older.

Ohio.

A FRIEND OF BABYHOOD.

The ailment is easily recognized. The popular name of "black-head" is very generally used; the medical name of the eruption is *comedo*. The natural sebaceous follicles are

filled or distended with their secretion (sebum), and the dark head is caused by the deposit of dust, or possibly, as some think, by a formation of pigment. The trouble is most common in youths of both sexes. The situations most generally affected are the nose and its neighborhood, the forehead and temples, and the upper part of the back.

Constitutional treatment is sometimes necessary, but ordinarily purely local treatment suffices. It consists first of squeezing out the contents of the follicles. This may be done with finger-nails, better by means of a large watch-key, or, still better, a small cylindrical tube with a smooth end, which is less likely to injure the skin. The hollow end is placed over the "black-head," and smart, abrupt pressure forces the latter out of the follicle.

Directly after the use of the instrument on the various points the parts are to be bathed with hot water to diminish the irritation. Besides, the glands are to be stimulated by the daily use of good soap. If this proves too irritating, warm bran-water in which a little borax is dissolved may be used. If the skin is unpleasantly shiny after the use of soap, rub it with a soft flannel or lightly powder it. But, except among ladies, this shininess of skin is rarely considered worth notice.

#### Constipation as a Peculiarity of Strong Babies—Strapping Baby in the Carriage—First Symptoms of Coming Teeth.

To the Editor of BABYHOOD:

(1) Is there any truth in the belief that only large, strong babies are troubled with constipation? I have often noticed the coincidence and been told it was a fact.

(2) You speak somewhere of the cruelty of strapping down a child in its carriage. How else can I insure my baby's safety when out of my sight?

(3) Pardon a foolish question, but are the white imprints discernible in the upper gum of a young infant really the future teeth—first teeth, I mean? I have heard that they are not.

L. P. M.

Buffalo, N. Y.

(1) The statement as it stands is not true. It is true that constipated babies are not usually so puny as those troubled with the contrary condition, diarrhoea. Another reason for the belief is that in the beginning many cases of rickets have practically no symptoms but corpulence and constipation. The fat is accepted as evidence of strength, which it is not. Many constipated babies, however, are strong, but not all, nor most of them, and constipation is far from a sign of strength.

(2) We do not know just what is meant by "out of my sight"—whether your carriage is

so constructed that you cannot see the child when you wheel it, or whether you do not trust your nurse. BABYHOOD never meant to disprove of a proper belt to keep a child from falling out of its carriage; but we do not think that it is necessary or advisable to so tightly tie down a child that it cannot shift its position. A child that can turn at all can turn back if it chooses, and the person in charge of the carriage should look at the child very frequently, any way: "that is what she is for."

(3) There are upon a baby's gums many little folds which look white beside the surrounding pink, which are not marks of teeth. Perhaps you refer to these.

### Promoting the Flow of Milk.

*To the Editor of BABYHOOD:*

I have been a subscriber to BABYHOOD for more than two years, and now would not like to do without it, so interesting do both my husband and I find it. In the article entitled "A Talk about Milk" a paragraph is devoted to "the duty of nursing." Can you not give us young mothers some information that will help us nurse our infants better? Many of us have more than enough milk for our babies the first few months, and after that begins the struggle to keep it up. This is somewhat my own case. Also, though I have an abundance of milk for a while, a little fatigue or a neuralgic headache will check its flow. Is there any diet that would contribute more to its secretion without making one grow stout at the same time? While I am nursing I always grow stout instead of thin. I have now an infant three weeks old, and am very anxious to keep for her a generous supply of her natural food as long as she needs it. Anything you could write on this subject would be most welcome.

A. C. L.

*Brooklyn.*

The subject is considered at considerable length in another part of this number. Your letter almost answers itself. Avoid to the best of your ability fatigue and all derangements of health. Eat generously of a mixed diet. Meat, and articles made therefrom (soups, etc.), are very nutritious and not fattening. But if you gain flesh during lactation, without becoming anæmic ("thin-blooded") at the same time, we think you should welcome the flesh. It usually goes again fast enough. For this reason we should not hesitate to use milk freely. We have no faith in beer or alcoholic drinks except medicinally when the appetite is poor or the digestion is poor. Even then do not prescribe these things for yourself.

### Fruit and Milk—Crossed Eyes.

*To the Editor of BABYHOOD:*

(1) How much is there in the popular idea that milk and fruit do not go well together? My little ones are inclined to constipation, so they need all

the fruit they can digest; but they must either go without milk, which is one of their chief articles of diet, or eat the fruit at their meals with their milk, or eat the fruit between meals, which seems to me a bad habit to establish. Which of the three ways is best?

(2) Is it best to do anything at present for a child two years old who is very slightly cross-eyed at times, so slightly that many do not notice it?

*Canton, O.*

C. W. R.

(1) The incompatibility varies with different fruits and with different digestions. So far as a general rule can be given, it is this: You know that many fruits—baked apples, peaches, berries—are habitually served with cream, said "cream" being as often as not only top-milk. Very acid or unripe fruits do seem sometimes to disturb the digestion of milk. Ripe, sweet fruits generally do not have this effect, and may be given, if the child is old enough to have fruit, irrespective of milk. One reason, it seems to us, that milk and fruit disagree is this: They are eaten together, and whole berries, perhaps, with tough skins, or unchewed pieces of larger fruit, are washed down and cannot be readily attacked by the digestive juices. We have supposed that the indigestion sometimes following huckleberries and milk, for instance, was due to this fact, and would not have occurred if the berries had been served dry and the child obliged to chew them well, the milk being swallowed later in the meal. In giving fruit to children the parent must carefully select for each child what it is to eat, and see that it is properly prepared. Cooked fruit and milk rarely disagree—the traditional baked apple and milk, for instance.

The habit of giving fruit between meals is not bad if the fruit hour is fixed and it is made a meal. This may be on rising—which, when constipation exists, is a very good time—or it may be between breakfast and the mid-day meal. To young children we prefer not to give uncooked food after the latter meal. If fruit is given at a meal, attend to the points suggested.

(2) If the eyes are slightly crossed only "at times," it is doubtful whether the trouble is really one of the eyes. The child should be watched, and if you have opportunity to consult a physician familiar with eye diseases, do so.

### Baby-Carriages for very Young Babies.

*To the Editor of BABYHOOD:*

I should like BABYHOOD's opinion on the question of baby-carriages for my young babies. Many people say that it injures the brains of young children to be dragged in a baby-carriage until they are at least a year old, while others, apparently as well posted, ridicule the idea, and point to the thousands of

mentally healthful children who have been dragged in carriages almost from birth. Please say a word on this subject in your next number.

Philadelphia.

A NEW READER.

We do not think that the proper rolling of a carriage is harmful. A thoughtful person can trundle a carriage over a sidewalk or smooth road with no more jar than is given by an ordinary cradle or rocking-chair, which the experience of generations has shown to be not a very terrible machine, so far as Baby is concerned. But it is possible for a person to roll a carriage across gutters or over stones, or to make it bounce by awkward pressure on the handles, so that the occupant shall be thoroughly shaken up and perhaps injured.

### Diet for a Two-Year-Old "Bottle-Baby"—Symptoms of Worms.

To the Editor of BABYHOOD :

(1) Will BABYHOOD please advise suitable meals for a "bottle-baby," aged two years and three months, bearing in mind that constipation must be guarded against? This is the present bill of fare :

7.30 : Bottle containing one pint of milk with a teaspoonful of manna stirred in.

11 o'clock : One pint of milk with oatmeal porridge. This goes through the tip, which has two large holes in the end.

1.30 P.M. : One pint of milk, with the yolk of an egg beaten up with a little salt. Sometimes, if persuaded to eat a little finely cut meat fed with a fork, the milk without the egg is given.

5.30 P.M. : One pint of milk.

This baby is unusually large, well, and strong, though somewhat slow about talking. If a day passes without a movement of the bowels, she is often quite constipated, and when the movement comes a crying spell is the result.

(2) This baby fights off sleep every night, sometimes lying awake an hour or two after being put in her crib. She seems to prefer screaming to sleeping, and habitually works herself up into a tantrum. Is this a sign of anything wrong, and how can it be remedied?

(3) Please tell me the symptoms of worms and what should be done for a baby that has them.

Newport, R. I.

SUBSCRIBER.

(1) We do not know why a child of two-and-a-quarter years should be kept on the bottle. It should have been abandoned a year ago. The milk of the diet is all right. The manna is probably unnecessary. If the child could be taught to eat from a spoon, coarse oatmeal porridge, such as adults eat, could be substituted with advantage as regards the constipation. A child of her age could safely and advantageously eat broths of mutton, beef, or chicken, which would probably be more laxative than the egg. Farther, we think the use of a baked

sweet apple in the morning would be a useful addition to the diet in view of the constipation. All core and skin, of course, is to be thoroughly removed, and the pulp well beaten up with a little sugar or syrup.

(2 and 3) We do not think the "tantrum" an evidence of any particular disease, but you may search for seat worms as directed in the last number.

### A Hungry Baby.

To the Editor of BABYHOOD :

My baby-boy is just nine months old, has four teeth, and is apparently in good condition, but always seems hungry; he cries for his bottle while it is being prepared, and cries when it is taken away from him. We give him seven tablespoonfuls of milk, three of barley-water, and one of cream, every three hours, sometimes every two-and-a-half hours. In addition to this he takes one tablespoonful of raw beef-juice slightly warmed. Will BABYHOOD kindly state if the milk is properly proportioned and if sufficient? My baby was troubled some months ago with attacks of congestion of the bowels, consequently we fear to overfeed him. Do you approve of beef-juice for so young a baby?

Media, Pa.

PUZZLED SUBSCRIBER.

The mixture certainly contains a sufficient proportion of milk, supposing it to be of good quality, but the total quantity is not great. Each meal consists of eleven tablespoonfuls, or five-and-one-half ounces. If the three-hour dosing is kept up all night, the total would be but forty-four ounces, less than three pints. We do not, of course, know if the child has enough food or not—as children's needs vary in this particular—but he is taking a less bulk of food than the average child of his age. Your anxiety against overfeeding is a judicious one, but, on general principles, we think he might be better satisfied if he had larger meals—i.e., as large as he was inclined to take—and at longer intervals.

### How to Compute Intervals of Suckling—Indications of Insufficient Nourishment.

To the Editor of BABYHOOD :

(1) Do the intervals in the hours of nursing date from beginning of time or close? My baby is three months old. I wish him to nurse at three-hour intervals when awake. If he nurses at 3.00 and ceases at 3.15 should I nurse him again at 6.15 or 6.00?

(2) Could you give some indication of a baby's not receiving sufficient nourishment from its mother?

SEEKER.

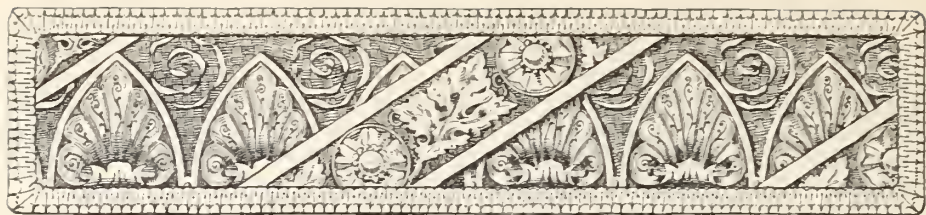
Holmesburg, Pa.

(1) Count from beginning to beginning of suckling.

(2) Failure to grow is the most certain, or, if growing, failure to gain strength.







## A NOVELTY IN NURSES.

BY ELIZABETH GREENLEAF.

WE often said that we couldn't possibly live without Susan, and I firmly believed it. So I naturally rebelled with vigor when she told me that she must leave my service to take charge of a family of motherless nieces and nephews. And I was so selfish! I proved clearly that there were sisters and sisters-in-law who ought to *want* to bring up those children; and I also suggested the half-orphan asylum, offering some money towards such expenses. Probably I would have thought of still more ways of keeping Susan for myself, had there been time; but she checked me by simply saying:

"Yes, Mrs. Greenleaf, thank you kindly; but it's my duty. Nobody can do for those blessed children as I can, I loved their mother so; only" (a catch in her voice that was almost a sob) "I don't know how I can ever give up the baby."

Of course it was all against my interest; but when she spoke so lovingly of our dear little Serene Highness, my selfishness suddenly broke down. Every one knew how truly nurse and child loved one another. That one little sentence, full of affection, shamed me, and made me feel that I must no longer try to make my own affairs stand first in the case of a woman with such close family ties. So, with subdued lamentations and protestations, I began to make active plans for the finding of a second Susan. Had I happened on the right woman at once my novelty would never have been discovered or made known; but I didn't, and it was so discouraging to be making vain inquiries that an impression began to steal on me that it would be better not to have a nurse. Could we get on without one? I wondered. Was Baby old enough yet? How much could I do myself?

"Your sewing," exclaimed the Spirit of Difficulty—"you will never have time for it!"

"Put it out," said Common Sense. "You will save enough to pay for it."

"But how stupid to be wheeling a baby-

wagon up and down in the sun for hours every day!" insinuated Laziness, who was one of my most active friends.

Then came my happy thought—Fido. If I made myself the head-nurse, might he not (with training) become my first assistant? He was, undeniably, a fine dog, with rare qualities as a care-taker. I could leave him for hours in charge of coat, or shawl, or book; surely he might learn to watch the baby!

Her Highness was a good baby, even if you had to take my word for it; indeed, I need only refer you to her pet name in corroboration of my statements. She was large and strong, very active, perfectly fearless, and always ready for a frolic with Fido, who appeared to consider her a fascinating companion and a delightful perplexity.

I did not venture to tell James about my plans. Men often are deterred by difficulties which a woman's wit ignores—or conquers. "Time enough when my nurse has learned his work," said I. But I explained it all to Susan. "If Fido will watch Baby out on the lawn in the sunshine, it will be all I can ask," I said. "I can manage well enough in the house, and Mary will take her when I have to be away."

Susan professed to feel some anxieties, but thought I could do it if it could be done. She urged me, as a precaution, to give a few preparatory lessons—object-lessons—Baby's great wax doll being the object. "Good advice," I said at once, and acted upon it promptly.

There was a heavy rug, made of old carpet, which was large enough to give the baby quite a playground. I didn't want her to walk much, though the little witch could do it well enough. So Fido was to learn to keep her within the bounds of this square. It was spread out under the semi-shadow of a young elm which only tempered the June sunshine. In the centre of this rug the doll was carefully propped up. Very odd she looked, sitting there in a stiff attitude, while the breezes played tricks with her wonder-



ful curls, lifting them up—to see if they were real, perhaps.

I took the dog out and told him to watch that doll, and he was much offended by my hearty laughter over his perplexity. The children of the neighborhood were already peeping over my fence to witness the queer doings, and that made matters worse. Fido wagged his tail interrogatively at the dollie, looked towards the street, looked up at me, and turned away from our foolishness to go into the house. But I called him back and insisted that that doll must be watched. Thereupon, with careful step, he picked his way across the yielding carpet to dollie (who stared at him calmly), and gave her a fine lick by way of investigation. Alas! it took all the adorning paint off from one fair cheek. But no matter; such bloom is not often lost in so good a cause.

Fido, being satisfied as to the nature of the creature he was to watch, lay down obediently, stretched out two mighty fore-paws, placed his head upon them, heaved a tremendous sigh, and entered upon his duties. Half-an hour passed—an hour; still dog and doll were there. The lesson had been long enough, and a reward of praise and gingerbread was awarded to my good pupil.

I tried our little Serenity herself the very next day, and Fido knew at once that it was a very different matter from watching any doll. After seating her on the rug, supplying her with a ball and a rag-baby, and playing with her myself for a little while, I withdrew to the seclusion of a dining-room window, whence I could observe and direct the new nurse. After a moment's play with the rag-doll it was thrown aside, and Baby started to crawl off the rug.

"Watch, Fido!" I cried. His tail wagged responsively, then for a few seconds it was held out very straight in the anxiety of deciding what he ought to do. After a slight hesitation he sprang around in front of the baby and faced her. She was just over on the grass now, and didn't mean to let anything stop her.

"Watch!" I cried again, and Fido then treated her as if she were the doll, beginning to lick her face with great eagerness. The dear little tot couldn't resist such pressure. Up and up Fido swept a broad, soft, and very persuasive tongue, always starting under the fat little chin, but leaving off at nose, or forehead, or anywhere. She didn't like it one bit, and recoiled till she was fairly on the rug again. Call it accident or what you will, but it was a success.

Her Serenity thought it was worth crying about, and had puckered up her face all ready to begin, when I called out: "Get the ball, Fido."

With a bound he seized it and sat before the Baby, holding it in his mouth and hoping for a frolic.

"Drop it!" I commanded, and the gay ball rolled towards the baby, who, forgetting her threatened cry, picked it up and tried to put it into her mouth.

That established a perfectly satisfactory game. Her Highness only participated consciously by picking the ball up; dropping it again was mere forgetfulness, while Fido always dropped it on purpose to have her take it. They played till Baby was tired. Every time she started to crawl off the rug Fido was there before her and gently drove her back. He might have thought that he was bunching sheep; but his flock was a small one—only one little lamb!

The novelty in nurses was a grand success. My sewing-machine whirled busily in the cool shade of the dining-room window, showing that I could still find time to sew; while, in the healthier shade out-doors, my dear little Serenity played, and frolicked, and slept. Yes, that was the end of it every day. Baby got tired, and put her pretty head down on the softest place she could find—which was Fido. He, good fellow! felt greatly honored and scarcely dared to move. I've seen him stay quiet such a long time for the baby's sake; while she tucked one thumb in her mouth most comfortably, and threw the other arm over him in perfect security.

Any stranger who approached that group at such a time was greeted with a grand growl of warning. "Keep away," it said; "her Highness sleeps, and I watch."

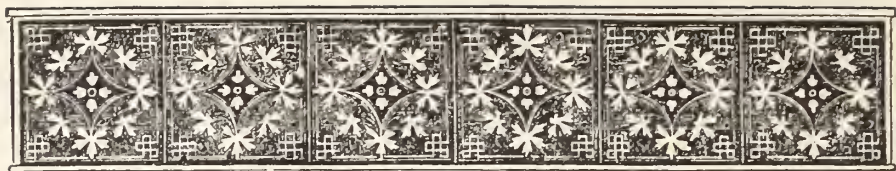
"But, dear Mrs. Greenleaf," said my old friend Mary Jones, "it frightens me dreadfully. The dog might bite her!"

"He! Not a bit more likely to than you are," said I. "Just look at that noble fellow. He's as trustworthy as the Bank of England."

"And," she continued, as if I had not spoken, "you know about the fl—."

"Nonsense!" I replied sharply. "For goodness' sake, don't put such a thing into James's head. I should never have any peace."

She said no more, and I *did* have peace; and all through that sunny summer my new nurse fulfilled his duties, and her little Highness grew and prospered, and we were a very happy family—including Fido.



## THE MOTHERS' PARLIAMENT.

### The Care of Delicate Children.

*To the Editor of BABYHOOD :*

Perhaps one example like that of the late Emperor William might have convinced the Spartans that the practice of destroying their feeble children was not always for the good of their state. The future power and usefulness of the puny William were not probable when Queen Louise was caring for and teaching him in his early childhood. But the example remains, an encouragement to all mothers of weak children and a rebuke to any latter-day Spartan who would labor only for the survival of the strongest.

The atmosphere of "love, rest, and home," oftenest found in the mother's presence, is especially needful for the delicate child. This condition is necessary to secure that rest which is a point more liable to neglect with the child than with a grown person of infirm health. Rest is often all that is necessary to restore health to the adult, and it is equally potent with children. But grown people, having many sources of mental refreshment, can compel themselves to rest in varying circumstances, while the young, weak child fails of perfect rest without the upholding mother-love. The look of listless endurance on the face of a little, feeble child may as often indicate lack of the continual sunshine of a loving presence and care as physical ailment.

Said one young mother: "I had to learn that a very small child does not yield to its feelings of weariness, as I supposed, but is as liable as an adult to overture itself when interested in its own play or watching others."

The half-invalid of the household can describe the knife-like pain in her head when a sharp voice or noise breaks out in her presence; but the little child, after suffering from a similar cause, shows only by nervousness and ill-temper the pain it has undergone. Even in cases of acute illness in children, quiet in the house is not always so carefully attended to as with adults. There is difficulty in keeping a household of children quiet during a sickness of

a grown person; but to keep as many adults quiet when a child is ill is nearly impossible.

An employment for which a child has shown special adaptation may sometimes be turned to account as a means of rest. One little boy had always shown great delight in machinery of any kind. Delicate from birth, he was one summer, when three years old, recovering from an attack of severe illness, and a weary road it was. When amusements and doing nothing had become alike a weariness, one thing was sure to refresh and rest him. This was for mamma to hold him, and on a sheet of paper to paint small wheels. He would choose the color from the box for the time, and wheel after wheel appeared, until he was either soothed for sleep or refreshed to take up his little interest in the world about him. "I must have painted thousands of wheels that summer," said the mother afterwards.

Children thrive best in country air, but it is not wise to transfer them from city to country in all circumstances. The annual summer exodus from the cities is not of occupants of heated tenement-houses, but, for the most part, of those who leave commodious houses, pleasant yards, and shaded streets. Nearly every day a boy runs past my door whose summers were spent in his city home till he had passed his fifth year. Up to that age the question had arisen every summer whether he should be taken from home. Apart from care about local sanitary conditions, there were involved change of climate, diet, and medical care, with the abridgment of much of the comfort and quiet of home, and his parents decided that he had not acquired strength enough to meet such changes.

People who require two days to rest after one day's excursion will perhaps be thoughtful as to the kind of short excursions they allow to a feeble child. Will the outing in its carriage be best, or a visit for play and rest in an unaccustomed room? Is a day's excursion to the sea-beach or the every-day digging in home grounds better for its health? These questions need careful judgment. Violent changes in

temperature and diet compressed into one day often produce their natural results in acute disease.

A mother's care is particularly necessary in the diet of a weak child, not merely in choice of food, but in seeing that the child really is sufficiently fed. Eating too much proper food at regular intervals is not often a difficulty with feeble children. To induce them to take enough of food that is palatable to them and which they can assimilate is the great problem.

Careful study and experiment in foods is usually necessary in providing for a delicate child. The regimen for one will probably suit no other. An old school-friend was speaking to me of her little girl, nearly four years old. "You know the prophecies about Alice," she said. "We should 'never raise her,' it was said, and her diet has" sometimes brought me to despair. I have read every treatise on medicine, nursing, and cookery that I could obtain, and have listened to physicians', nurses', and grandmothers' experience and suggestions. Adding all to my own thought and judgment, I have succeeded in finding food that she liked and that nourished her, until now the chief study is how to vary her diet sufficiently."

One ground of hope for the future lies in the improved education of the mothers of the present day. These better opportunities have existed so few years, comparatively, that it is impossible to get statistics for a full judgment. But, so far as records show, the very small percentage of deaths among the children of women who are college graduates, and the interest which these graduates are taking in all home and sanitary matters, give much reason for encouragement. With mothers acquainted with the laws of body and mind, and trained intellects applied to the business of rearing children, we may look for still greater increase in health and strength of the little ones.

*Providence, R. I.*

S. CHENERY.

#### **The Difference between This and Past Generations regarding Breast-Nursing.**

*To the Editor of BABYHOOD:*

So far as I have read the articles published by you, one vital question I have never seen asked. May I ask it?

Does any one know wherein lies the cause of the great difference between this generation of mothers and that of our mothers in regard to the matter of being able to nurse our little ones? My mother tells me that among her friends it was the great exception when a mo-

ther could not nurse her own child. A monthly nurse stated a few days ago that among those women she took care of, only one in seven could nurse her child. Does not this point to something radically wrong in the life or development of the women and girls of the present day? Having had no difficulty myself with any of my four children, and realizing the importance of the subject, I have thought a great deal about it, with intense sympathy for the babies and mothers who are deprived of this happiness and source of health. I suppose it may and probably does spring from more than one cause, but this idea came to me the other day, and I am led to ask BABYHOOD'S opinion of it.

Is the trouble found as widely spread among those mothers who are so placed as to do their own housework?

In most of our mothers' lives there was a great deal of sweeping, dusting, and such work, much more than we, in a more luxurious age, have. Were not the chest-muscles, and all the muscles and glands in the upper part of the body, developed in these ways, and in our generation have we not neglected them, walking being the principal exercise that many women take? Must not we mothers, in watching over our little daughters growing up, see that they have some proper exercise for the upper part of their bodies, to take the place of the housework of their grandmothers, if we wish to insure the next generation of mothers being able to do what so many of us are, unhappily, unable to do?

What does BABYHOOD think? Am I right, or has my idea no bearing on the subject?

*Boston.*

M. D. C.

#### **Sleeping on the Stomach.**

*To the Editor of BABYHOOD:*

I want to tell you of the result of my baby's sleeping on her stomach, which has been a great success and was first suggested to me through BABYHOOD. My baby was about six weeks old when I made the change. The first night when I put her down in that position she didn't like it at all and cried some time, finally settling down, though she did not look at all comfortable; the second and the third night it was about the same, and the third morning her nose was quite red, and I was afraid she might flatten it, as she dug her face right into the mattress. I felt then that perhaps it was unwise to keep on, lest I might injure the shape of her nose, so for a few nights



I gave up trying it ; but I noticed she did not seem to be quite satisfied with her old way of sleeping, so again I tried putting her on her stomach, and this time with great success ; she apparently liked the position, arranged herself comfortably with her head on one side, and went to sleep at once.

In speaking to a physician about it, he said it was the proper way for adults as well as infants to sleep ; that it was very injurious to heat the spine, and if the plan could be adopted with all infants the little things would be saved a world of suffering, for in some cases where children were delicate the great heat brought on spinal trouble of which they died. By placing them on their stomachs the bowels are kept warm and they require little or no covering.

My baby is an unusually good sleeper, and I think it is due to a large extent to her not being overheated. She sleeps in a room by herself, with one window—which is kept wide open night and day with rare exceptions, and the door shut—and wears a long, loose night-dress, half-cotton, half-wool ; no shirt, no belly-band, only a napkin. The night-dress comes down some distance below her feet, and she is very apt to have no other covering.

It is very important, in putting a baby on its stomach, to use a hair mattress, the upper part of which is slightly raised at the head from underneath ; for by putting a very young infant on a feather pillow or mattress face down it might smother. To show how well my baby likes the position : if she is ever put down to sleep when she doesn't quite feel like it, she kicks herself over on her back ; once there she can't get back alone, and cries until she is again put on her stomach. Occasionally it has to be done several times, but so accustomed is she to that position she does not go to sleep in any other. I myself have adopted that way of sleeping, and like it very much, though at first it was rather hard to make the change. I think it is very desirable to begin with a child as young as possible, for I tried with my other baby, who was nineteen months, but could not make a success of it. M. A. S.

*Swampscott, Mass.*

#### The "Ounce of Prevention."

*To the Editor of BABYHOOD :*

I see in a recent number a question regarding bow-legs, and I think perhaps my experience may help some mother. When my baby was between two and three months old I

thought there was a curve between the knee and the ankle. All my friends laughed at me and said that babies' legs were always that way ; but as my husband's are slightly so, and all of his family the same, I thought it better to do something. I consulted my physician, and he said they were a little crooked, but that the bones were so soft I could straighten them if three or four times a day I would hold them straight for a few minutes ; which I did when she was nursing. She stood alone at ten months, and walked alone across the room on her birthday ; and though a pretty heavy baby, her legs are as straight and nice as possible. All my friends say they "knew that they would come all right" ; but I don't think they would if I had not attended to them.

I am a great believer in that ounce of prevention, and think I will mention another cure wrought by it. My baby had no hair to speak of at first, and when it came in I noticed a cowlick coming, so when I was holding her I gently smoothed it down, and after a very short time it grew all right.

C. A. T.

*Chicago.*

#### A Mother's Experience with Artificial Feeding.

*To the Editor of BABYHOOD :*

I had borne many children, and the care of them, with the pressure of constant home duties, had worn upon me, until a degree of nervous prostration had well-nigh, for a time, broken my health and discouraged my heart.

Before I was quite strong again my tenth baby came, and thinking, perhaps quite reasonably, that the little fellow had had enough of me in my nervous state, I determined not to nurse him. He appeared to me to be a strong, well child ; but ere many weeks had passed he seemed far from well. Excessive constipation and inability to retain his food made it necessary to change his diet again and again, but nothing seemed to prove effectual. He grew constantly worse, and one day, while giving him his warm bath, he was taken with convulsions and his life was despaired of.

With the help of a trained nurse and with most careful and patient watching, however, he was restored to a fair degree of health, for a season ; but it was only for a time. Again we had to go through another series of anxious days and troubled nights. The ever-suffering baby, with his sad cries, almost broke my heart. I felt that I could not bear to have him suffer so. The doctor's skill seemed unavailing and afforded no permanent relief.



Most keenly did I realize my mistake when I knew that, in all probability, his disease, which was catarrh of the bowels and intestines, was due to the fact of my substituting, in the first place, artificial food for the mother's milk, which could so easily have been given him. The distress occasioned by my mistake will never be forgotten. When hope was well-nigh exhausted, a change of practice, medicine, and food, with tender nursing, brought him once more into a healthy condition, and before many months he became a well child.

But the lesson I learned I would teach to every mother, old or young: Never, as you value your own happiness in the care of children, or their health and comfort, substitute any food for the mother's milk, save where *positive disease* makes it absolutely necessary. Let no young mother, because of her desire to have more leisure, or because of the imaginary requirements of society, dare to deprive her children of the greatest blessing a kind Providence has provided for the health, comfort, and happiness of her dear little ones.

Brooklyn.

H. T. C.

### Early Teaching of Geography.

To the Editor of BABYHOOD:

I would like to tell the BABYHOOD mothers how my little girl has learned geography. It has never been anything but an amusement to her, and now, at three-and-a-half, she knows all the continents and oceans, the poles, equator and tropics, the principal islands, all the States of the Union, the countries of Europe, and many of the more important rivers, mountains, etc.

I began, before she was three, telling her stories about the mountains I have climbed and the countries I have visited in the wandering life of a naval officer's wife. We made mountains and valleys, and traced the course of imaginary streams, in the bedclothes, built the continents with blocks, and sailed in paper boats with paper figures to represent Columbus, the king and queen of Spain, or the fierce Northmen coming down upon the Saxons across an ocean of carpet. The little dramas amused her, and she easily learned the long names.

When she was three her father bought her a small globe. She played with it as a toy, twirling it around, but soon noticed the shapes of land and water, asked their names and the meaning of the lines. She took herself the step between globe and atlas when one day, while out visiting, she picked up an atlas, opened it, and ex-

claimed with delight: "There is Africa all by itself!" A few weeks later we gave her a dissected map of the United States, and she learned in less than a week to put it together, and has no toy of which she is fonder. She personifies the States, and calls Georgia and Alabama "Florida's little children." I tell her some little distinctive features about each State or country. The cities and smaller details will come as her mind is prepared for them; and instead of learning geography, as I did, at nine or ten years of age, as a dry school task, by the time she is five or six she will have a vivid panorama of the face of the globe clearly impressed on her mind.

I must add that, while precocious mentally, she is physically in perfect condition, large, strong, and rosy, able to walk three miles, to ride a tricycle, and to take an amount of exercise that tires me.

I have taken BABYHOOD from the beginning, and have followed much of its wise counsel in her management, though I plead guilty to allowing her to learn her letters, and even to read a little. It is so hard not to teach a healthy, bright child, who takes to books as a natural element, and is never nervous or excitable; but we have never exhibited her accomplishments, or let her be kept up late or excited in any way.

G. B. C.

Philadelphia.

### How we Welcomed the Twins.

To the Editor of BABYHOOD:

They were such roly-poly, pretty little funny things from the beginning! Boy with great, shining dark eyes and bare head; girl with eyes as blue as the summer skies and with masses of silky hair. Cook came with her big scales to weigh them, and cried: "Oh! I *wish* they were mine!"

But granny sighed and sighed. "Poor little mamsey!" she said over and over again. "Poor little mamsey had care enough before."

One auntie wrote: "How delightful to think there should be *two*!"

Another bewailed: "Alack-a-day! *one* baby always turns a house upside-down. What *will* you do?"

Still another philosophized: "Mamsey must remember the old saying that 'a hen will scratch all day for one chick, and she cannot do more than that for a whole brood!'"

Lady Fleetfoot, skipping through the garden, called out, while never waiting for an answer: "Good-morning, pappy! How are the twins?"

How's mamsey? How are the twins? *Glad they're not mine!*"

"I'm glad they're not, too," called out pappy to her rapidly retreating satin back; then laughed so that he could scarcely see to trim the grape-vine.

But the children!

Six-year-old Bonnie clapped her hands. "Oh! oh! what lovely dollies! What sweet, sweet dollies! Are they alive? And may I have them to play with?"

The Herr Graf scowled. "There's *only* two! There'd orter to be one apiece! The Don will have one 'cause he's the oldest, and Bonnie 'll have the other, and—and—oh! I know: *I'll* have one. And the Don? Well! the Don is so patient he can wait for the third."

The Don used to make us "walk Spanish," but now the name is quite a misnomer. A cloud rested on his sweet, dreamy face. Some one had suggested that we might divide our double share with poor Mrs. Childless, who had been crying all day.

"Mamsey, you won't give one away, will you?" pleaded the Don.

Mamsey put an arm round each new baby and looked triumphant as she said NO!!!

Still the thoughtful cloud did not lift, but the next day the Don came to Mamsey smiling and said: "I've thought it all out, mamsey. Them that wants 'em can just get some for themselves. *We'll keep ours!*"

"So we will, Don, God willing; so we will."

So we have, and for ten beautiful months our home has been filled with *double-distilled* sunshine.

J. S. P. R.

*Italy.*

#### Administering Medicine to Infants.

To the Editor of BABYHOOD:

In the spring my baby boy, then about ten months old, was attacked with a brain affection which made it extremely injurious for him to cry, even very briefly. At the same time he took a marked dislike to the medicine which I had to give him every six hours.

After giving the dose several times to the struggling, excited baby in the usual manner with a spoon, I found a better way, which may be of use to some other mothers in similar circumstances.

Draw the preparation to be given into an ordinary medicine-dropper. Hold the dropper with its point opposite the centre of the child's mouth, and the bulb back toward the child's ear. Then gently but firmly move the drop-

per backward and inward till its point enters the closed lips and gets within the gums. Then discharge its contents all at once, or with several separate pressings of the bulb, according to the quantity of liquid.

Of course this is not practicable with a child who has side and back teeth with which it could break the glass, and in any case the following cautions must be observed:

Insert the point of the dropper with a backward motion, instead of trying to force it directly in. Always hold the dropper so that its contents will be discharged against the opposite side of the mouth, and not toward the throat. Do not discharge too much liquid into the mouth at once. It may be needful to let one hand lie against the child's opposite cheek to prevent him from jerking his head away at a critical instant.

ELLEN T. PROCTOR.

*Danvers, Mass.*

#### An Amusement for Rainy Days.

To the Editor of BABYHOOD:

The correspondents of BABYHOOD have told of many ways of amusing the little ones on rainy days, but I don't ever remember to have seen this simple one given. My little three-year-old brother has been kept in the house by a good many rainy days during the past summer, and much of the day has been spent teasing his big sister to play with him, until some one gave him a long clothes-line, with a tin sea-shore pail tied on one end, and with this simple arrangement he will "fish" over the banisters for hours. Once in a while when some one goes down-stairs they will put something in the pail, and in this way, with a very little trouble, a restless, mischievous boy is kept busy.

M. B. K.

*Montclair, N. J.*

#### The Prune and its Desirability on the Nursery-Table.

To the Editor of BABYHOOD:

Were it in my power, I would like to impress on the minds of all mothers of young children the great value of the prune, both as food and medicine, in the list of eatables for the little ones.

It should not be used as a luxury alone, or for special occasions, but as a daily article of diet. There is little doubt of a child's liking it if his taste is formed sufficiently early, and it is one of the first fruits—indeed, I have found it the first—that young children can eat with no

evil results. Of course it must be used with discretion, at proper times and in proper quantities, but that is no more than can be said of all food products provided by nature or art for the human stomach. There is a right and a wrong time even for a glass of water.

My little girl began with half-a-prune every alternate day when considerably less than a year old, gradually increasing the quantity, until now, at twenty-three months, she orders her daily ten-o'clock lunch: "Mamma, toas' and poon, five poon."

Though she seldom eats the number called for, they being invariably large, juicy ones, selected with a special eye to her well-being, she usually has all she wants, eating them, as I insist she shall, in conjunction with her toast or bread and butter.

I know of no more wholesome lunch for a child of from one to four years than home-made, whole-flour bread, very lightly toasted, and spread with finely pulverized prune-pulp. As a remedy for, or preventive of, constipation with my little one, it has no equal.

It must be remembered there are prunes and prunes. This letter refers to that variety commonly known as the French prune, which is pre-eminently the prune of commerce. Even of this there are fine distinctions and subdivisions, differing so slightly that only an expert can distinguish among them. Of other common varieties grown and cured for market on the Pacific coast, where the prune industry is fast assuming magnificent proportions, are the Oregon Silver, the German, and the Hungarian. Of these, that most nearly resembling the French is the German, but, unlike the former, it is delicious for canning, being larger and tarter, and reminding one of the Columbia plum.

For older children, to whom the French prune alone grows somewhat insipid from its invariable sweetness, a most enjoyable dish can be made of the two stewed together in proportion of three of the French and one of the German. This may require a little sugar, though the probability is it will not if this proportion is observed. The Hungarian prune is hardly fit for children's use in any form, being very acid, strong, and high-flavored when cooked, though in the raw state the flesh denuded of the skin is comparatively sweet and palatable. It is the beautiful reddish-purple plum, rivalling in size a small peach or Japanese persimmon, found now in nearly all the large markets of the Eastern cities in the early fall. It may be known by its great

size, rich color, and its tendency to "twin," almost half the prunes being "doublets." It is not dried to any great extent, both from the fact that its great size renders it difficult to dry without pitting, and because it is not very salable even after the work is complete. It is best adapted for pickling, preserving, and jellying; but when formulating the nursery bill of fare, fruit in these forms should be largely, if not wholly, excluded.

FLORENCE HARKINS.

*San José, Cal.*

#### Danger from Chewing-Gum.

*To the Editor of BABYHOOD:*

I think the readers of BABYHOOD will be interested in a case which occurred here a few weeks since from the foolish practice of giving young children "chewing-gum." My little boy and a neighbor's, each three years of age, were together in a drug-store when some one standing by offered the children a package of chewing-gum. My husband refused, saying his little son had never been allowed to have it, as he considered it injurious to such young children.

Quite a discussion arose upon the subject among the bystanders, none of them agreeing with my husband. The father of the other child remarked that he considered it an aid to digestion, and quoted, as proof of his opinion, that his little boy had always had as much as he wanted, without any bad effects. Nothing more was said, and the subject was forgotten until called to mind again a few weeks later by the sudden and dangerous illness of this same neighbor's child.

The physician, when called in, was puzzled at first to account for the symptoms. The child was evidently in great pain, there was a great deal of fever, and the bowels could not be made to act. Upon further investigation he found that the lower intestines were literally packed with chewing gum which the child had swallowed, and in such quantities as to entirely obstruct the passage from the bowels.

Of course this child was old enough to have been taught not to swallow it; but I find upon inquiry that it is a very common thing here to give it to children very much younger. The prompt assistance of the physician saved the child's life; but would it not be much wiser to avoid any such possible danger by withholding from our little ones what cannot in any case do them good and may do so much harm?

B. R.

*Apalachicola, Fla.*



## HIGH-CHAIR PHILOSOPHY.

BOBBIE and Flossie where playing "Boarding house," with Flossie in the rôle of applicant. "Have you parents?" inquired Bobby, with great stiffness of manner. "Yes, sir; two," replied Flossie, timidly. "Sorry, ma'am; but we never take children who have parents."—*Interior*.

—Mother (to meddlesome child): "Edwin, if you don't stop putting your fingers in that oxalic acid, the first thing you know you will be on your way to heaven." Elder sister (solemnly): "Yes, and if you do go, just think, you would never see your dear mother again."—*Harper's Bazar*.

—A little four-year-old Winsted boy, who had seen the street-sprinkling wagon in operation a few times, requested his father to buy him a "rain-wagon" the first time he went down-town.—*Hartford Times*.

—Grace was deep in meditation. At last she exclaimed: "Mamma, when we are gone from here, will there be people on the earth?" Her mamma said: "Yes, dear." And Grace added: "Well, it is a kind of an everlasting game, isn't it?"—*Life*.

—"This thing is getting contagious!" said a boy who had several times been told to go to bed. "What do you mean?" asked his father. "I mean that I shall catch it if I don't move on."—*The Teacher*.

—A little five-year-old in Washington evidently appreciates her mother because she is her mother, but the sentiment is not unmixed with self-appreciation. "Mamma," she said the other day at the table, "guess what a lady said about you at Sallie's party last night." "What was it, dear?" "She said you were the sweetest little girl's mother in Washington."—*Youth's Companion*.

—A little girl went visiting one day, and after a time was given the album of family photographs to look at. She turned the leaves over carefully, and pretty soon closed the book. "Well, dear," asked the hostess, "did you look at the album?" "Oh! yes," answered the little maid brightly. "And we've got one 'zactly like it, only the pictures are prettier."—*Christian Secretary*.

—A clergyman, being busy, said to his little son: "Freddie, you trouble me this afternoon; you seem like nothing but a collection of perversities." "Well, papa," replied Fred, who had been trying to climb up on the paternal knee—"well, papa, don't you always take up a collection? Take me up."—*Examiner*.

—Master Fred is one of those youngsters whose curiosity is unappeasable, and who seem always wound up to ask questions. One day he was to have his hair cut, and his father jokingly said it must be cut very short to stop his asking so many questions. "Oh! that wouldn't do any good," said Fred. "You'd have to cut my head clean off; the questions are all inside of it."—*Harper's Young People*.

—"Mamma, what is the matter with my thumb? It hurts me every time I squeeze it." "Don't squeeze it, dear." "But if I don't squeeze it, how can I tell whether it hurts?"—*Interior*.

—"Who is that lady dressed in black, mamma?" asked Bobby, as he sat with his mother on a ferry-boat. "That is a Sister of Charity, my boy," replied his mother. Bobby pondered deeply for a moment, and then he said: "Which is she, mamma, Faith or Hope?"—*Bazar*.

—"Tell your mother that I am coming to see her soon," said a lady on Austin Avenue to Mrs. Sniverly's little boy, who was playing in front of the gate.

"I am glad you are comin', and ma will be glad to see you, too."

"How do you know she will be glad to see me?" asked Mrs. Sniverly.

"Because I heard her say yesterday she would be glad to see somebody who didn't come here to collect a bill. She said nobody ever came to the house except men with bills."—*Texas Siftings*.

—Marion, aged five, is very much interested in her brother's natural science lessons. One Sunday her eldest sister related to her the story of the ark and flood. After listening very attentively, she at length exclaimed: "I don't believe a word of it!"

"Why, Marion, why do you say that?" the sister asked in surprise. "Why, all those people in the ark would have been suffocated with carbonic acid gas," the child replied.—*Congregationalist*.

—"I wish, mamma," said little Johnnie Fizzle-top, "that I lived in South Africa."

"Why, my son?"

"Why, the mammas down there don't wear any slippers, you know."

"Yes, my son, but you must also remember that little boys in South Africa don't wear any pants, either."

"That's so," said Johnnie; "it's queer I never thought anything about that."—*Germantown Gazette*.

—Little Bertie, aged two-and-a-half, was looking out of the window at the stars one evening. It was the first time he had ever noticed them closely. After gazing intently at a big bright "twinkler" a few moments, he cried, "O mamma! come quick, and see him wiggle."—*Advance*.

—A little fellow in turning over the leaves of a scrap book came across the well-known picture of some chickens just out of the shell. He examined the picture carefully, and then with a grave, sagacious look slowly remarked: "They came out 'cos they was afraid of being boiled."—*Christian Leader*.

—Mother: "Don't think so much of getting presents. You know it is more blessed to give than to receive." Bobby (six years): "Then I hope a lot of people will be blessed on my birthday."—*American Hebrew*.

—A seventeenth-ward school-teacher recently asked her class the question: "What is a pilot?" The smart boy answered: "It is a lot where they grow pie-plant."—*Milwaukee Wisconsin*.

—Bertie had just got into a room of his own, and was greatly delighted. He chanced soon after to hear a sermon on Solomon, which had for one of its concluding sentences: "And Solomon slept with his fathers." "Well," announced he, on coming home, "I should think that, if Solomon was so rich, he might have had a bed to himself."—*Christian Register*.

—Uncle takes Tommy to the barber to have his hair cut. Barber: "Well, Tommy, how do you want your hair cut?" Tommy: "Oh! short, please, with a hole in the middle, like uncle's."—*Fun*.

—On a summer's morning our little Lillie was walking with her aunt, and discovered a spider's web. She was delighted and exclaimed: "Oh, see! here is a hammock for bugs."—*Christian Advocate*.



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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A CORRESPONDENT elsewhere in this number alludes to the use of the milk of the ass and the goat as food for babies. The reason why BABYHOOD has not recommended their use is their practical unattainableness. The value of asses' milk is well established. Its composition is considered to be nearer that of human milk than is the milk of any other domestic animal. On the Continent it is used to some extent, and in Paris it is not rare to have the ass driven to the door and milked to give the required supply of infant's food. In this country asses' milk is practically an impossible alternative. In Mexico, where the *burro* (and *burra*) is met at every turn, it is quite different. The writer has privately discussed the feasibility of the introduction of the use of asses' milk into our own country. In order that any success should attend the attempt, large droves of asses would be needed, so that families in need of one of the suckling animals could have a fair prospect of getting it. All this needs capital. We believe that the investment would prove fairly remunerative, but it cannot be undertaken without the venturing of quite a little money. The matter, however, is worth the consideration of those who look for an outlet for idle money.

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The milk of the goat is considered in some respects to be better than that of the cow as an infant's food; but its advantages are less marked than those of asses' milk. Those persons whose dread of tuberculosis leads them to argue against the use of cow's

milk at all, sometimes urge as evidence of the superiority of goat's milk the great insusceptibility of the goat to tuberculization. The experiment with goat's milk can usually be tried, if one desires, as a milk-giving goat can be found in most of our large towns or their suburbs on a little inquiry. The supply, however, is not great, and if the use of goat's milk were to become in any way extensive, the business would have to be conducted in the same way as an ordinary dairy farm, and this again requires capital.

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It is not common for us, perhaps, to look upon play as a means of development, and yet that is precisely what it must be to the child to whom it is an instinct. "This instinct," writes the *New York Medical Journal*, "is an inherent impelling force that causes all the muscles of the body and various faculties of the mind to be exercised in sufficient measure, but never in excess. It gives a large share of education and training, and prepares the young for future work." Growth is mere accumulation, while development is the cementing of all into a harmonious whole. But the education of play is never so complete as when it is directed by parents. "Companions educate more than the schools, and home more than companions. Shall we play with our children or leave their voluntary activities to blind chance? Shall the dumb mothers exceed us in wisdom?" Surely here are privileges as sweet as they are necessary to the development that shall come to us as

well as to the children in whose behalf we watch and wait.

In an announcement of a birth which recently appeared in a New York daily the following modest request was appended :

European papers please copy.

A generation ago, before newspapers were as plenty and as ponderous as now, it was not unusual for a marriage or death notice to be copied from metropolitan journals by the rural press when a specific request, limited to the papers of a single town or county, was added. But it may be doubted if the practice is kept up now, since it has become pretty general to class these announcements as advertisements, chargeable at a fixed price. When it comes to inviting the combined press of a continent to record the arrival of a new citizen in a foreign land, we fear the worst mercenary motives of the profession will be revealed.

A communication in another part of this number brings up the question of mental precocity. The whole process of growth and development is one which usually advances irregularly. Our standards are formed by averages, and on such a basis of experience we expect at a certain age the evolution of certain teeth, at another the power of speech, etc. Mental development is probably even more irregular than is physical development, and the extremes most arrest our attention. Children often prattle freely before they are two years old, and again not infrequently at four can only be understood by their habitual attendants, and this, too, while they give every other evidence of active intelligence. When adult age is reached the inequalities of development are mainly effaced. Differences of mental and physical stature will always exist, but it has not been shown that they have any close connection with precocity or its reverse.

The dread that a precocious child will die early we believe is founded upon certain misconceptions. The child who, by reason of feebleness, is constantly kept with adults

often acquires an "old-fashioned" way—*i.e.*, adults' methods of expression, which are taken for precocity; and its constant attendance becomes in effect a species of special tuition, so that such children are really taught in advance of their years. If such children die early the precocity is remembered, the feebleness that led to the coddling is forgotten. Again, many persons yield to a natural temptation to stimulate a bright child by talking with it, teaching it, asking it questions, etc. As such bright children are usually of fine nervous organization they may be overtaxed, and illness follow. But we believe the fact remains that a bright child, if properly cared for physically, has as good a chance of life as a dull one. If parents find themselves in charge of a precocious child, it is of no use to try to prevent its precocity. But it is desirable that the mental activity should be left as nearly as possible unstimulated. Let its stimulation come from itself and give all attention to the digestion, to out-door sports, and to all that goes to develop fine animal life. All experience goes to show that a well developed body will carry any amount of mind.

The last copy of *BABYHOOD* No. 19, containing the pattern supplement of the "Gertrude" Baby Suit, has been sold, but as the demand for information regarding it continues, we have reprinted the pattern sheet, which, together with the descriptive matter contained in that and a subsequent number, we can furnish for 15 cents, post-paid. Since the original publication many questions have been asked by new readers of the magazine as to what the suit consists of, the occasional allusions to it by others not being understood. For the information of such we will take this opportunity to say that the "Gertrude" is a reform suit intended for the infant's first clothes, its novelty consisting mainly in its simplicity. It was the outgrowth of the experience of a Chicago physician—Dr. L. C. Grosvenor—who, upon a certain occasion (a birth) a few years ago, discovered himself to be "the

only old lady present," and consequently upon him devolved the duty or privilege of arraying the new-comer in its brand-new garments, very dainty and pretty, but of unsuitable materials, and some starched stiff. The result was a little subsequent pondering upon the antique methods in universal use, and the evolution of a much more desirable and healthful one, the simplicity of which may be illustrated by the single fact that one safety-pin is made to do the work of the original dozen or more. So far as we are aware, the new plan is greatly liked by all who have used it, and there are evidences that it is being very extensively adopted, though in many cases with certain modifications, according to individual taste. There is no question but that it is thoroughly in the line of "reform."

It is a most commendable practice on the part of Boards of Health in many of our large cities to issue, especially during the hot season, tracts upon the care of children, giving, in simple and striking paragraphs, a few hints and instructions which will serve as disease-preventers, especially in tenement districts. One such, a neatly printed four-page leaflet, has recently been brought to our notice, issued last summer by the Superintendent of Health of Providence, R. I. After giving several injunctions as to the cleanliness of nursing-bottles and care of milk, cautions concerning the use of solid food, candy, soothing-syrups, unripe fruit, etc., it closes with this sentence:

"Every mother should take *BABYHOOD*. It is published at 5 Beekman Street, New York, and is an excellent monthly magazine devoted to the care of infants and children. The subscription is \$1.50 a year."

Were it not that this debars us from expressing an opinion, we should say that the circular abounds in wise and erudite maxims, and that its counsel is eminently sound in every particular.

A very interesting thing to record in connection with *BABYHOOD*'s work is the fact that through its influence there has been

brought out, on the part of many of its readers, a literary capacity which, but for the existence of the magazine, would probably never have seen the light. Not having entered the field of literature, as such, so fully covered by other periodicals, it was hardly to be expected that "the best writers" would be greatly tempted to enter *BABYHOOD*'s forum. But childhood and infancy have always been themes sufficient to inspire poets whose writings have become classic; and the care of the baby has been found to furnish also enough inspiration to crowd *BABYHOOD*'s pages with many a prose-poem from pens of novices. Two or three years ago it was asserted by the *Nation*, doubtless the best American authority on literary matters, that a high grade of magazine-writing was kept up only by the most merciless pruning; that the great mass of material submitted to newspapers and periodicals was of an exceedingly poor order, and apparently deteriorating from year to year; or at least that the number of manuscripts of poor quality was increasing out of all proportion to the increase in those of good quality. If that be true, *BABYHOOD*'s experience must be put down as entirely exceptional; for we believe that no capable critic can look through its four volumes without remarking the excellent literary character of most of its contributed articles. Of course, there is occasionally received a crude communication that requires some "editing" before it is suitable for the printer, but the proportion of such to the whole is insignificant. A far greater number of letters is received than it is ever possible to print, and we doubt if, as a whole, any class of periodical literature will show a better average of pure and eloquent English than the joys and tribulations of the nursery have thus inspired. In this issue the "Fathers' Parliament" escorts the "Mothers'" to the completion of its fourth year, and the flight of time reminds us that the Babies of the present will ere long be requiring a "Parliament" of their own, in which we may believe the literary ability of their elders will even be distanced.



## THE SOILED NAPKIN.

BY ALLEN J. SMITH, M.D.,

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THE subject at best is not a pleasant one, but its teachings are so often of marked importance in the recognition of ills, and so often an index of the physical condition of the poor, dumb little sufferer, that it cannot well be avoided; and too much stress can hardly be laid upon the propriety, and even the necessity, of mothers and care takers making careful observations of the soiled napkin and its contents whenever their attention is attracted by any apparent ill feeling or discomfort of their charge. It cannot but be deemed proper that mothers should know at least the general significations of the voided solids and liquids caught upon the diaper, that they may the more intelligently discuss with the physician the incidents and the conditions of their children when not under his own immediate eye.

Without further apology, then, for the character of this paper, if apology be necessary where the end is of such gravity, the subject-matter will be discussed.

### Normal Urination of Early Infancy.

The staining of the napkin arises from the voiding of the urine and of the fæces, and varies from the simple dampening of the material by the normal urinary discharge to the last extreme of black or green or bloody deposit in disease. The normal urine of the first few days of infancy is apt to be scanty; and, if fortunately caught for examination in a rubber diaper, would be described as clear, of a color varying from straw to several shades more nearly red, with the peculiar aromatic odor of the normal urine of older subjects, and very apt to de-

posit on standing a marked sediment of a red, "brick-dust" appearance. It is a common practice, not to be applauded, among many mothers to allow diapers simply wetted to be dried without washing and again applied; and upon such cloths it is not unusual to find over the area of discharge a pinkish or reddish color (the "brick-dust" sediment), sometimes uniformly distributed, but more often represented by minute red grains clinging to the texture of the garment. These are made up of minute crystals of one of the constituents of normal urine, uric acid, and represent one of the waste products of the child's economy. In the low grade of life held by the babe in the womb no urinary discharge is permissible, and this waste product is kept dammed back in the kidneys until such time when after birth the discharge of urine shall wash it out; and on account of its transiently heightened proportion it becomes noticeable. It is of no special consequence, and interesting only in a negative way, except that its presence is a strong indication for thorough cleansing of the napkin, for these crystals are sharp and irritating to Baby's skin, and of no beneficial use whatever.

### The Significance of Darker Color.

This condition normally obtains but a short while, and in the meantime the urination increases somewhat in frequency and in the total amount of liquid thrown off, tending to wash out the kidneys, those drains of the growing structure, and to keep them healthy. The liquid itself at this time is almost colorless; it does not discolor the cloth at all, and its odor, unless closely



noticed, is scarcely perceptible. The frequency of the act varies very much with the size and appetite, not to mention such external influences as the temperature; but a good, healthy baby of a month or two old is apt to wet his napkin not much less frequently than eight or ten times in the twenty four hours, and may do so half again as often without going beyond normal bounds. When other than liquid food is beginning to be allowed, urination rapidly decreases in frequency; and then the excretion becomes normally darker once more. At this period a yellowish stain from the ordinary urinary coloring matter is not abnormal, and is not to be mistaken for any disease symptom. When, however, this slight yellow tinge becomes more marked and deeper in hue, especially in younger children, and if it is associated with a notably decreased frequency, and at the same time with some more or less pronounced general symptoms, it always means increased tissue waste—as found, for instance, in the fevers of childhood. Such urine is marked by a more pungent odor than normal, and it is not infrequent in mismanaged nurseries to have the whole room permeated by the disagreeable smell. Such diapers, as, too, most others, should be removed at once from the apartment, and soaked several hours in a mild disinfectant solution before being washed and dried. This variety of staining never amounts to a red color, but a dirty, light orange hue is sometimes met with.

#### **Changes due to Drugs.**

Under certain conditions an almost red tinge is given to the napkin by the urine; and, unless such color be expected from materials ingested, it should be regarded carefully and suspiciously, and the attention of the physician at once drawn to it. Certain drugs are ordinarily followed by a red or reddish staining of either or both urine and stool. Santonin, sometimes given older children afflicted with round worms, if pushed to its physiological limit, will give a reddish stain to the urine, which will become quite red upon standing for a time.

The same result occurs in the urine of patients taking hæmatoxylon (logwood), a common constituent of diarrhœa mixtures; and many a parent has been unnecessarily alarmed by the blood-red stool and reddish urine of her child. I have in mind at present a case where the physician, neglecting to caution the mother, lost his practice in the family through just such a circumstance. The mother was horror-stricken at the appearance of the napkin after she had administered the doctor's prescription several times, and in her fright and indignation at once discarded her physician and summoned another, who, unfortunately, had not the courtesy to correct her mistake and withdraw.

The urine may take on a black color, not due to concentrated blood or bile pigment; of these it is well to remind the reader that certain drugs may have been the cause—carbolic acid, creosote, and several other substances being followed by such a symptom, even if only externally applied, perhaps.

#### **Bloody Admixture.**

But where no such explanation is at hand, one may well fear that the stain may come from slight admixture of blood or blood-coloring matter, the gravity of which needs no comment. The very reddest fever urine, even if in bulk it be of the color of blood, will never stain the napkin red, the hue not going beyond a reddish yellow at most; then, too, it is always clearer than bloody urine, which is of rather a cloudy red tinge, smoky, passing on to deeper and deeper shades through brown and chocolate to almost jet black; and such urine readily lends its color to whatever garments it touches. Its odor, while strong, has to an extent lost the aroma of the normal excretion and is apt to have a putrescent character, although this is not invariable; and on standing a heavy, dark-red sediment falls.

#### **Jaundiced Urine.**

Besides these shades of bloody urine, which are fortunately scarcely ever seen in children, a dark-green, almost black, urine is not so very uncommon, due to bile stain-

ing, in severe cases of jaundice. It is of worth to note that the jaundice of the newly-born is not necessarily accompanied by this variety of urine. This jaundiced urine possesses strong power for discoloring the napkin; and varied shades, running from a greenish yellow to the deepest degree of green, may result, depending on the severity of the jaundice. As may be inferred, the gravity of the case may to some extent be diagnosed by the degree of color present.

#### **Greenish and White Deposits.**

Another greenish urine, but one found in conditions far different from the above, is occasionally seen; it is the dirty, greenish, purulent fluid that once in a while is met with in low grades of chronic inflammation of some part of the urinary system, with a horribly fœtid odor, with a dirty, greenish-white deposit on the napkin, and a dense and dirty sediment on standing. It is only seen in weak, scrofulous children, and in adults of the same type, and is comparatively rare. Another appearance, more common but nevertheless not frequent, is only a lesser degree of the last; a cheesy-white deposit, usually not very heavy, upon the napkin; or as a dense white sediment when the urine has been standing. Just as in the last, the odor in this instance is anything but pleasant, and both varieties are of grave omen.

#### **Phosphatic Urine.**

Children are apt to pass a milky-looking urine at times that is not to be mistaken for the preceding type, due rather to their food than to anything else, and hardly to be regarded as of weight. It has not the fœtid odor of the one just described, and the deposit on the cloth and the sediment on standing are distinctly crystalline on close examination.

#### **Normal and Abnormal Odor.**

The odor of the urine in the normal depends upon certain aromatic principles in the excretion, notably hippuric acid and its derivatives, and is by no means an unpleasant one if separated from the idea of

the substance. It is modified in sickness in strength and in character. In the febrile affections the normal odor is preserved, but is much stronger than usual; it becomes offensive from ammoniacal fermentation occurring in chronic disease of the bladder or kidneys. Certain articles of medication occasionally administered may change the odor, as turpentine, which gives a peculiar, violet-like character to the smell, or sandalwood, assafœtida, valerian, etc., which give their characteristic odors. The odor of sweet-briar sometimes is met with, and is significant of a condition known as oxaluria, and is accompanied by a general tired, worn-out feeling.

#### **First Fœcal Discharges.**

Passing to the soiling of the napkin by the fœcal discharges, it is necessary to make some mention of the peculiarity of the first one or two passages in the life of the infant, known among physicians as meconium, a black, tarry substance which always hopelessly stains the diaper. No efforts are availing in cleansing the cloth, and to save bother it is no bad practice to apply any soft old rag to the child until this material has disappeared, as it had best be thrown bodily away.

#### **Normal Infantile Stools.**

After all the meconium has been discharged the stools become normally of a yellowish color, and should remain of this hue until other food than the simple diet of milk is introduced into the system. In frequency the act varies with the appetite and hardness of the child and its age, usually for the infant in napkins three or four times daily. The fœcal matter during this time of life should be of a thick, pulsa-ceous consistency; and variations from this usually demand attention. The odor of the normal infantile stool is peculiar, entirely characteristic, not of the same quality as the odor of the normal adult stool, and on the whole relatively more concentrated.

#### **Abnormal Discharges.**

Under certain conditions, as in the exhausting discharges met in cholera infan-

tum, we find a form of soiling of the diaper which must not be mistaken for urinary discharges. Following one or two comparatively normal stools, in rapid succession come a varying number of large, liquid, almost colorless, sometimes almost odorless passages, which simply wet the napkin without depositing any solids, and leave less stain than many of the forms of urinary excretion. Under such conditions the mother, for the information of the physician, should note the frequency, the relative amount of wetting, and the possible presence of any other substance, as blood. This enormous drain of the liquids of the body is most exhausting and demands instant attention, the child soon presenting a white, emaciated appearance; and often death threatens.

#### **Watery Discharges in Summer Complaint.**

Another form of watery fæcal discharge is that seen in ordinary summer complaint, where the consistency of the stools becomes more and more liquid as the disease advances to the worst. This variety besides dampening the cloth stains it a dirty green color, sometimes without any apparent solid deposit whatever, often with a thin, mucoid, green, offensive residue. In other cases, on account of adventitious substances, the stools of summer diarrhœa, while thin and serous, are pinkish in color. The character of the color in these cases is unknown; it was formerly supposed that the green hue was due to an excess of biliary coloring matter, but at present this view does not gain much acceptance and the tendency is to ascribe it to micro-organisms in the tract, or their products. In summer diarrhœa and in cholera infantum the stools are sometimes evacuated as often as twenty or more times daily; they are delivered with some force and are usually accompanied by pain. The urine during the same time is scanty, high-colored, and often muddy, and with considerable odor.

#### **Undigested Masses.**

In some cases of diarrhœa in children there are found numerous hard fæcal masses of varying size in the almost or wholly

liquid body of the stool; such a stool is spoken of as scybalous. This condition is rather apt to be found in a sub-acute inflammation of the intestinal tract than in an acute and severe one—in other words, it occurs in a dyspeptic state. Oftentimes what appear to be scybalous masses are really undigested bits of solid food which has been given the child, indicating at once the weak digestive system in the child and the equally weak mental system in the caretaker. It seems a hard lesson for many mothers to learn that the proper food for their infants is milk and “slops,” and that even the appearance of the first tooth is not always to be regarded as a signal for promotion to the table. The discharges in this condition, known as lientery, are horribly malodorous. The urine is not especially altered in amount, but is apt to be rather milky in appearance and marked by a strong degree of the normal urinary odor—somewhat as found in fevers. In small infants, where a dyspeptic condition exists, even the milk may pass through the alimentary canal in an undigested form and appear in a small, frequent, mucoid stool as numerous white curds flaking it throughout, and giving to the whole mass a sour smell that is entirely characteristic.

#### **Invagination.**

Sometimes, following straining at stool, a part of the bowel is forced into the immediately adjacent larger part, producing a condition known as invagination. The ensheathed part is often constricted by the sheathing portion and so strangulated that it is practically killed. In such a condition, and in others where there is marked inflammatory action unaccompanied by much serous secretion, the stools are apt to be small, almost entirely made up of mucus, jelly-like in consistence, perhaps streaked more or less with blood, very painful, and becoming more and more marked by the odor of putrefaction. It is a most serious condition and the stool should be closely noted.

#### **Intermediate Grades.**

It must be remembered, in all that has gone before and in all that follows, there

are many intermediate grades, and it is only in the fractional cases that the types mentioned may be found ; all others merely resemble, but resemble closely enough, one or other type to be referred to its class. It is obviously impossible in the space of a short article like this to give any but the general features of the subject ; and the best object is necessarily only to advise the points to be sought for in the examination in order to lay the proper stress on the important features and pass over the unimportant.

#### **Disturbances Due to Liver Disorders.**

Children are peculiarly liable to disorders of the liver and gall-duct ; and one common form of stool results from the absence of the normal bile from the intestinal canal ; it is usually apt to be "formed" (of a firmer consistence than the usual infantile stool), small, and peculiarly light in color like putty. It may accompany the jaundiced urine spoken of above. Under proper treatment it usually regains the normal color, passes beyond, becoming brown or green or even black, and then comes back again to the normal yellow as the system recovers itself.

Of the darker fæces mention must be made of those dependent on blood and those resulting from ordinary constipation and from the ingestion of medicines.

The stools of ordinary constipation vary in color, but are apt to be darker than normal and odorous—the lighter-hued ones not being especially marked as to their odor—and large, but relatively infrequent. It is an abnormal condition in children and should be corrected.

#### **Bloody Passages.**

Blood in the infant's passages, as in the urine, is a serious symptom ; and, as in the urine, it is not always productive of a bright red color ; it usually gives a dark, even black, tarry appearance to the stool if the hemorrhage has occurred some distance up the tract, and bright only when coming from near the orifice or in a condition of diarrhœa (in this last instance from the ra-

pidity of the passage of the material along the canal). To this last type belongs the stool of dysentery, serous, mucoid, strongly streaked with blood, fœtid, frequent, and large. To the former, hemorrhage from ulceration, from chronic inflammations, chronic diarrhœas, etc., varying in frequency, but usually rather more often than normal ; varying in amount, always malodorous, not so apt to be painful as the immediately preceding one, and every whit as dangerous or even more so than many of those stools that are normal save for the bright blood streaking them—coming, perhaps, from piles or something of the sort (for occasionally even babies have piles).

#### **Dark Color Caused by Drugs.**

Of the dark stools caused by medicines the reader should recall that such substances as iron, bismuth, charcoal, lead, and others may all make the fæcal matter dark, that hæmatoxylin may make trouble by its red stain, and that even calomel is followed by a deeper color in the stool—in this instance due to an increased flow of bile, probably.

#### **Abscesses Causing Pus in the Fæces.**

Finally, pus may sometimes appear in the stools. In weak and scrofulous children it is not uncommon to have abscesses forming in the loins and about the spine, and these occasionally break into the bowel and their contents are passed with the fæces. Where such abscesses are recognized it is a proper custom to keep careful watch over the stools for evidence of such perforation. A severe chronic catarrh of the intestinal lining may be accompanied by alternating diarrhœa and constipation ; the formed pieces of fæces in this latter state of such a condition sometimes are found coated as it were with a muco-purulent material which is thrown off by the inflamed mucous membrane.

#### **The Excreta of Later Infancy.**

As the child grows older, and solid material is fed, the stools soon become darker in color and formed ; they are then to be judged from a different standpoint, but many of the above remarks are still in



force and will lend weight to the mother's evidence in the inquiry into the health of her offspring. Certainly in almost all conditions there are other symptoms that first call the attention to the sufferer, but every one who has seen illness knows the comfort of confirmatory evidence as to the character of the complaint he is dealing with; and

these appearances of the excreta find a great field of value here as confirmers of diagnoses already suspected. It is a false modesty to overlook them, for they are often of grave import when the child cannot as yet evince its sensations in words, and its only language is a cry that often misleads the seeker after truth.



## THE PREVENTION OF NERVOUSNESS IN CHILDREN.

BY WALTER LESTER CARR, M.D.,

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THE inheritance of many American children is a sad one. The so-called "American disease"—nervousness—gives the little children a poor foundation on which to build physical health and mental strength. The wear and tear of business, the excitements and dissipations of social life, and the strife to get ahead, so common among all classes, deprive the men and the women of this century of the vitality that they should possess in order to transmit health to their offspring.

"The education of a child should be begun a hundred years before it is born," but unfortunately the years preceding the birth of thousands of young Americans have passed. However, this is no reason why we should neglect the mothers of to-day and the children of the future.

### The Expectant Mother's Duty.

Before the advent of the baby the mother should be encouraged in every way to cultivate an evenness of temper and feeling. It may be hard for a woman who has never given her own individuality one moment of quiet thought, to think of her actions and passions as influencing the future of her baby yet unborn—not only her baby, but

succeeding generations—for good or evil. Many a woman is flattered because she is vivacious. Little do the admirers know that the quickness of perception and brilliance of repartee are often the manifestations of uneven mental power, and that the excitements of an hour are followed by a day of depression, the result of a badly balanced nervous system. Against such irregularities the young mother should be guarded, for although on both father and mother rest the responsibilities of parentage, yet on the latter falls more of the double burden of the formation of body and mind. She should have duties that will occupy her attention in a methodical way. The reading of good books, intelligent conversation, and a calm, dispassionate judgment of what is read and heard should be cultivated. There should be an avoidance, on the one hand, of the scintillations of society gatherings, and on the other of the gloom of loneliness so often felt by the young mother. Out-of-door exercise, which, if possible, should be had in the country, is a great sedative for nervous women. Good, wholesome food is an important factor in the comfort of the expectant mother.

### **The Growing Infant.**

When the new life is added to the home, what care is necessary to ensure its protection? If the mother has governed her imaginations and fears, she can direct the management of her infant from its birth with the feeling that to her is given the divine power of motherhood. This she cannot do if she has yielded to every passing whim and caprice of fancy. A baby is at first hardly more than an animal. It needs to be fed and warmed. Soon, however, it shows the attributes of a forming mind. It cries when distressed; it moves its hands and feet, and smiles with delight at the approach of one it knows. In other ways it evinces its appreciation of surroundings. A watchful mother who attends to her baby's wants notices these indications of growing power, and plans day and night for the happiness of the loved one. She understands that the evidences of interest that the baby manifests show what its brain is doing; show that the brain is growing and learning. Growing more in a day than it will afterwards in a year; learning at a rate beyond our calculation. It is becoming acquainted with the form and face of its mother; the feeling of hunger and thirst, the sensation of pain, the handling of the nurse, and the light from the window. All these require activity of the nervous system, at first in an automatic way, but gradually the brain develops its marvellous capacity for storing away in its recesses useful information for all the years of earthly existence, that can be drawn on as was the widow's cruse of oil—a never-failing supply, depending only on how carefully the storing is done.

### **The Mother's Nervousness Reacting on the Child.**

We must note a difference between this activity of the brain that we so much want and the irritability that we should so carefully guard against. If the mother has controlled her own actions and governed her passions, then she has aided in laying the corner-stone in the building of a brain that will stand the strain of later life. If

not, she has helped in the erection of a structure that will crumble to dust in the storms of an early maturity.

We can give but a single example of how a thoughtless mother helps in destroying the sensitive nervous organization of her child, and adds to the dangers it will encounter in the whirl of nineteenth-century existence. The mother goes to the theatre when her baby is a few weeks old. Returning to her home at midnight, excited by her interest in the emotions she has seen depicted on the stage, she gives the baby the nourishment it is fretting to receive. The mother is not in a condition to attend to her maternal duty, and the baby is tired from hunger and crying. The result is that the milk does not agree with the infant stomach. The night is one of anxiety and wakefulness. Perhaps for the sake of quiet an anodyne or some soothing mixture is administered. The next day the baby is heavy and dull. For two or three days following there is indigestion, and the baby loses its bright, happy expression. All this reacts on the brain. The association between the stomach and the brain is a close one. In fact it is so close that even careful physicians have said that children have "brain fever" when they had only disordered digestion. The irritation of the stomach interferes with the nourishment of the brain, that needs such a constant supply of good blood in its growth. Irritation of this kind, if continued, depresses the vitality of the whole body, but particularly of the brain.

### **The Natural Way.**

If instead of witnessing the theatrical representation, so often of unreal life, the mother had remained quietly at home the result would have been different. The child would have been nursed at its accustomed hour, then would have slept the calm rest of healthy infancy, and awakened with the brain active from the nourishment it had received, ready to take in and store away varied observations useful from that day, a never-decreasing fund of information. It

would not have suffered a loss of equilibrium of its nerve centres, but would have retained a calmness of mind that we consider so necessary to the future health and happiness of our race.

#### **Lack of Self-Control.**

A mother who is of a nervous temperament often tries one of two ways in the government of a child that gives way to violent outbreaks of passion because it is thwarted and cannot do as it pleases. She yields and pursues the peace-at-any-price policy, or she punishes it. In either case there is no gain. If the former course be pursued, the poor mother can but look forward to another outburst on the slightest provocation. If the latter be thought justifiable, the child's temper may be broken, but so will its spirit, and it will not dare to ask for anything dear to its childish heart. If the mother has attempted to control her own feelings she can soon manage her child without giving way on either side, and as she gains in firmness, she will notice that the baby is sensible of the evenness of her disposition.

#### **City and Country Children.**

Violent passions have violent endings, and it is well to consider the difference in the children born and educated amid the excitements of the city and those reared in the quiet of country homes. The children of the city and the country are often contrasted to the disparagement of the latter, who are said to be dull and slow. This is an error in observation and shows a want of appreciation of their early training and surroundings.

The city boy is precocious and is thought "smart." By inheritance and teachings his nervous system has been kept in a constant state of excitability. Very little bodily or mental energy is stored up, most of it is used at once, and often the future is drawn on for oil to keep the small light from flickering and going out. The example of the

nursery is constantly before him. His mother could not control her feelings and passions, and neither can he. He has to contend with an imperfect physical development, the result of the want of exercise and fresh air, and the irritability of a brain showing the weakness of inheritance and of education. The nervousness and impressionability of the city man explain why as a young man he is quick and easily obtains a position, but frequently cannot keep to the mark. He cannot stand the wear and tear. At the age that he falls by the wayside the country-bred man begins to show his strength and his ability to use the stored-up energies of his early life. His has been an infancy of quiet and repose. A mother strong and healthy, with none of the worries of fashion or society, has given him maternal care. If her mind has not aspired to higher spheres it has, at least, been free from the passions engendered by luxury and excitement. So her child grows up as the proud possessor of a brain that has the strength to withstand prolonged and exhaustive efforts. Such men hold the destinies of nations in politics and business, but they, too, must beware lest they destroy their own strength by not husbanding it. Their potentiality must be reserved for their heirs. If it is not, their daughters, the mothers of the next generation, will be the excitable, nervous women, always up-hill and down-dale, who are the dread of the physician and the bane of the family.

If the mothers of to-day will pay more attention than they do to their own and their children's bodies and minds, the health and happiness of future generations will be assured. The "bundle of nerves" will be read of as a phase of nineteenth-century weakness. The childless woman and the enervated man will give place to the healthy matron with her blooming daughters, and to the hearty husband surrounded by ruddy-cheeked sons.





## SHARP AND FORWARD CHILDREN.

BY DAISY RHODES CAMPBELL.

IF in the former days of New England children were repressed and kept in the background, surely to-day that objection cannot be brought forward. On the other hand, our children East and West are nowadays encouraged to "speak their minds," their opinions are listened to, and often their advice asked, as if their experience were fully equal if not superior to that of their elders. While the former method had its serious drawbacks, our modern custom certainly has its disadvantages.

The pretty little golden-haired girl towards whom your heart inclines as she enters your friend's sitting-room, fresh from her bath, rather checks your ardor when in answer to your "How do you do, my dear?" he answers, "I don't do at all, but I *feel* pretty well," and nods her head and looks at you as if waiting for your applauding laugh. The mother says reproachfully, "Why, Maidie, darling!" but smiles approvingly.

The little boy of another acquaintance is reading. You ask him if he is fond of stories, and remembering your own and brothers' delight in certain famous books, mention them. "Oh! they're rather nice"—patronizingly—"but he made two or three mistakes I noticed"; or, "That book I liked rather well, but the last half has too little adventure, and the hero grows rather stale on your hands." You open your eyes, and think of the labor spent and unusual talent displayed in these particular books, and have some curiosity to know what book the boy does like. You ask rather timidly in regard to this, that, and the other, but all have their faults and drawbacks, and are dissected coolly and critically. The mother, who enters before you are through, says: "Yes, Stephen is so quick to see all defects

in the books that he reads; his teacher says it is very remarkable in so young a boy, and shows unusual quickness of perception." You say nothing, but the thought will intrude itself, Is not the loss of warm enthusiasm and keen delight over a book and author something? Will even such wonderful precociousness make up for this loss? We remember that even the great Macaulay dearly loved certain not very fine works of fiction, and could not see their faults. It rather comforts us to think of this. We remember how our childish heart glowed over some noble action, and how we longed to be better ourselves after reading of it.

A child of an acquaintance of the writer sat in the room during a call. After the visitor left the child said immediately: "That lady made one mistake in grammar while she sat there, and mispronounced two words," quoting them. The same evening she overhears her mother saying to the father: "It is remarkable how Elsie notices mistakes in language; it seems to jar upon her sensitive ear as discords affect a musician." The child fancies herself at once an exception and marvel, and prides herself upon it accordingly. How much better if that mother had said to the child after her criticism upon her caller: "Yes; but, my dear, is that all you noticed? Just think of failing to hear that beautiful account Mrs. Clare gave of her trip down the St. Lawrence, and of the wonderful work of the Children's Aid Society. You see you only half heard these, and they were worth many little slips in language, however important they may be."

We remember, too, the little child who, amid a chorus of admiring relatives urging him on, goes the length of calling his



grandfather an extremely offensive nickname. The mother exclaims: "O Freddy!" in a shocked voice, but Freddy hears mamma and aunts repeating it to callers next day amid peals of laughter. Freddie thinks that he is an extremely bright boy, and longs for another opportunity of displaying his smart speeches.

The young girl from school enters the parlor as you and the mother are discussing matters of keen interest to you. Laura seats herself, after bestowing on you a good-humored nod of recognition, and immediately joins in the conversation. If she interrupts you, no matter. Her mother turns to her and waits to hear her opinion first. It gives the girl ease in conversation; and timid girls are so awkward and uninteresting! Your talk is interrupted, your little chat with your friend, to which you have looked forward for weeks, is spoiled, and you leave, wondering if you are growing cross and critical, or what is the matter?

Two little sons of a very wise and learned

professor returning from church, the sermon, which was a very earnest and eloquent one, is discussed at the dinner-table, when the eldest boy says: "Clason and I counted five mistakes he made, and we didn't think he amounted to very much."

Then there is the child on the street-car and railway-train, showing off for the benefit of the passengers; and this is not always the child of vulgar, common people, but of the so-called "upper classes." And as a rule their efforts are not checked, but encouraged by a sweet but silly smile.

Nothing can be, nothing is, lovelier than sweet, bright young girls, or than natural, even if faulty, children; but do not let us encourage them to be sharp and pert. Very few Young Americans need such encouragement. Rather do they need the restraint and wholesome neglect of mother and friends. Thus, without being a whit less bright and observing, they may gain the grace of modesty, and that unconsciousness than which nothing can be more charming and attractive.



## A PHYSICIAN'S HINTS TO OBSERVING MOTHERS.

BY HALSEY L. WOOD, A.M., M.D.,

*Dispensary Physician, Dispensary of Presbyterian Hospital, New York City.*

THE faculty of ready observation is a rare and precious possession. The power to lay clearly and briefly before another the facts that have been observed is equally rare—astonishingly so, I had almost said. Together, their value to the young mother is incalculable. Now, while in certain instances both seem to "come by nature," it is beyond question that both can be acquired. To do this, an observation-habit must be formed, and when this is done it will be found following the invari-

able rule of habits. Its practice will become constant and instinctive.

### **The Mother as the Doctor's Assistant.**

Not the least of the advantages accruing to the one practising the observation-habit is the great assistance it enables her to give the doctor, who may be called in to prescribe for her little one. She may not herself appreciate it; but she may be sure that, while in few words she is giving him the facts in regard to her child's condition, he is silently

blessing her. What the doctor wants is *facts*, not opinions; knowing these, he is in a position to draw correct conclusions, and by giving them you have helped him more than you can know.

A certain eminent hospital and dispensary physician was accustomed to begin his examination of each case with the request, "Put your finger *where* you feel badly." He had no time to waste in gathering inaccurate information, but struck at once at the root of the trouble.

#### Misleading the Doctor.

Just *why* it is that a large number of intelligent men and women, whose act in sending for a doctor is a confession of their inability to meet the emergency and their dependence upon his judgment, should take pains to interweave in their account of the case opinions which must be crude, and judgments that cannot but be superficial, is unexplainable. Politeness will compel or enable him to listen; but he will groan in spirit at the confusion and needless delay, while a long series of questions will often be needed to winnow out the facts of which he is in search.

"Doctor," called an anxious mother through her telephone to her physician, who had risen from his bed, for the third time that night, to answer her call, "Baby's crying."

"Perhaps it's a pin," suggested the doctor with a promptness that spoke volumes of a previous and similar experience from the same source.

"No; I've looked."

"Does it seem like the colic?"

"Oh! no; nothing like *that*."

"Well," hazarded the doctor, "perhaps—she's hungry."

"Oh! I'll see; I didn't think of *that*."

There was a prolonged silence. The doctor returned to his bed, and was falling asleep when his bell again sounded. Catching up his telephone, he heard:

"You were right, doctor; Baby *was* hungry."

She had not formed the observation-habit.

The above is not an exaggeration of what happens more or less frequently in the practice of most physicians, and it serves to point the moral of another phase of the principle under discussion.

#### What Observation Teaches.

It is through the practice of observation that we learn not only *how* but also *what* to observe.

In his excellent article on "The Fever-Thermometer in the Nursery," in *BABYHOOD*, Dr. Ely pointed out the vast amount of suggestive information furnished by this little instrument of precision to the observing mother. He showed us that in many instances and conditions it acts as a touchstone; dissipating groundless fears, or, it may be, giving reason for apprehension. Every aid of this sort is a material gain to observation, and should be heartily welcomed. Observation includes the study of individual differences in our children, and will aptly suggest the varied methods necessary to their harmonious development. Twin children, as we all know, may bear so striking a resemblance to each other as to be, apparently, exact physical counterparts: and yet, mentally, be as diverse as Dan and Beersheba. It is the function of observation to seize upon differing characteristics, and to so stimulate and repress that individual needs shall be fully met, while family unity is strictly preserved.

The higher departments of observation lie properly in the domain of experience, and the trained intelligence that comes from it. We would not be understood as writing aught to intimate the sufficiency of untrained observation in the solution of any serious family problem. A timely recognition of its own limitations is, perhaps, one of the surest indications of correct observation. But the mothers of *BABYHOOD*, I am sure, need neither prompting nor stimulus to the loving service above alluded to. The knowledge that comes through watchful care is of great value in enabling them to detect deviations, however slight, from the health standard. To cultivate a ready habit

of accurate observation in his son, a celebrated man, Miss Nightingale tells us, was accustomed to take his boy "rapidly past a toy-shop; the father and son then described to each other as many of the objects as they could which they had seen in passing the windows; noting them down with pencil and paper, and returning afterwards to verify their accuracy."

#### The Causes of Defective Observation.

Inability to speak the truth frequently results from a failure to practise the observation-habit. We do not, of course, refer to conscious deception; but simply to the failing of certain people, whom we all know and love, but who never get things straight. This may result from either—

1. Defective information;
2. Defective observation;
3. Great imagination.

All may desire to be, and fully believe that they are, accurate, yet fail through indolence of mind or hasty judgment.

Persons of the first and second class observe little; often giving the most imperfect description of things constantly before their eyes. They do not *mean* to be inaccurate; they simply fail to observe.

The third class observes as superficially as the rest, but in this case imagination steps in and embroiders such a voluminous garment of fancy upon a slight substratum of fact as to render the truth unrecognizable in her strange apparel. Such persons do not only not *observe*, but they do not observe that they *have not* observed. The

value of habitual observation is most apparent, just as its absence is most serious on the occurrence of an emergency.

"I remember," says Florence Nightingale, in her *Notes on Nursing*, "when a child, hearing the story of an accident, related by some one who sent two girls to fetch a bottle of sal volatile from her room. 'Mary could not stir,' she said. 'Fanny ran and fetched a bottle that was not sal volatile, and that was not in her room.' Now, this sort of thing pursues every one through life. A woman is asked to fetch a large, new-bound book, with a red cover, lying on the table by the window, and she fetches five small, old-boarded, brown books, lying on the shelf by the fire. And this though she has 'put that room to rights' every day for a month perhaps, and must have observed the books every day lying in the same place for a month, if she had any observation." A want of ready attention is often the reason for mistakes of inadvertence.

Finally, in the study of your children's highest interests remember that, while loving care is something, loving observation is everything. Care will often bring them through the stream Difficulty; Observation will build a strong bridge, over which they will go dry-shod. Care trudges along on foot; Observation sits in the seat and drives. Care meets the difficulty when it comes; Observation sees it coming and avoids it. In short, Care is the servant, Observation is the master. Which shall we choose?





## THE MOTHERS' PARLIAMENT.

### Asses' Milk for Delicate Children.

To the Editor of BABYHOOD:

I have often wondered why BABYHOOD does not advocate the feeding of delicate babies with the milk of a donkey or a goat. Here in Mexico it is a very common custom, and my own experience has proved it so successful that I feel like telling other mothers about it.

My oldest child was a strong, healthy baby, nursed until she was fourteen months old, and with a digestion apparently perfect.

Immediately after weaning she began to fail in strength and nothing agreed with her. I used milk, diluted and undiluted, flour-ball, oatmeal, and finally meat-juice and small balls of raw steak pounded and sifted. After three months of trial, all being done under the advice of a competent physician, the baby had a constant dysentery and seemed to be growing weaker. The doctor then insisted that we should try the milk of a donkey, and, though we had no faith that it would be of any use, we bought a *burra* with her absurd little one, a month old, and established them in the *corral*.

When Baby was ready for her meal we sent down her cup, and Don Pedro would come back bringing it full of the white, foaming milk. She had five meals a day, and nothing besides the milk in the way of food. For some time she took "cream nitrate of bismuth" in the milk, a medicine which I consider invaluable for teething children. She began at once to improve, and took her milk with the greatest relish, soon gaining strength to run and carry her own cup to Don Pedro. We kept the donkey six months, and when Baby's teeth were through began to use cow's milk again without the slightest trouble.

With my next baby I resolved to begin earlier to wean her. At ten months I began, she having six teeth and being a perfectly healthy child. I sent to the United States for the best "foods," and began with the utmost care, giving five meals a day, prepared by myself after the most approved BABYHOOD style. Very soon the baby began to show the dreaded symptoms—indigestion and dysentery—and we called our physician. At once he ordered a

"donkey," and we did not wait this time, but sent for Bertha's former "mother," which fortunately happened to have a "baby" about three months old. Margarita liked the milk at once, and it had the same effect as upon Bertha. She is now running about and is cutting her double teeth with very little trouble, and takes nothing but her *burra's* milk.

Very few young babies can thrive on cow's milk here, possibly because of the climate. All who do not nurse their children employ wet-nurses, and I have known of *three* being employed at the same time for children of the same mother, because Mexican babies are often nursed until they are three years old.

Undoubtedly the virtue of donkey's milk consists in its being of a lighter quality than cow's milk, and in its being taken warm from the animal. Is it not more like human milk than any "preparation" can be, and why is it not more used in other countries besides Mexico? Perhaps some mother who does not know what to try next to nourish her suffering little one may find help in reading about my two little Mexican babies, whom we consider as bright and winning as if their mother had not been a "donkey."

SARA B. HOWLAND.

*Guadalajara, Mexico.*

### A Cure for Thumb-Sucking.

To the Editor of BABYHOOD:

Hoping it may be useful to many a perplexed mother, I shall relate to you my experience in breaking little Alice of sucking her thumb. She found her thumb and used it as a comforter when a wee infant, and I decided to allow her to console herself with it until after the troublesome term of teething should have passed by, as everybody said she would be better-natured if she sucked her thumb. It was cunning while she was a long-dress baby, but when she reached the age of two years she began to resort to it much more frequently, always seeking it in case of embarrassment if a stranger spoke to her, or anybody, in fact; so I determined that she must be broken. She is a very self-willed child, and my physician said he always felt sorry for me when I started to break her of any



habit, for she had not one element of compromise in her nature.

One night I took the offending hand and bound a thin piece of linen tightly around it, laying the thumb on the palm of the hand, and sewed it on, not tightly enough to stop circulation of course, but just sufficiently so to keep it in place, with a double thread around the wrist. The first night she cried for nearly an hour because she hadn't her thumb to go to sleep by, but that was the last of the crying. I left it on for a week and then removed it to see the effect. She seemed to have forgotten about it at first, but some one came in and spoke to her and pop went her thumb into her mouth. So I bound it up again and left it another week, and after that she never offered to place it in her mouth. She is now three years old and makes great sport of a child seen with her thumb in her mouth.

I am sure if I could break my Alice thus easily that any child could be broken of the same habit. She was but very slightly inconvenienced by the swathed hand, which was not injured in any way, and it seems so much more humane than blistering the thumb, as I have known one mother to do; besides, I am sure no one will question that it is better than being obliged to witness the distressing sight of a half-grown child with thumb in mouth. My second baby found his thumb before he was dressed, but I lost it for him and never allowed him to form the habit. Still, if a child has already formed the habit, it is like a bad promise, better broken than kept. A DEVOURER OF BABYHOOD.

*Silver Cliff, Col.*

#### Kindergarten Work at the Centennial of the Ohio Valley States.

*To the Editor of BABYHOOD:*

It is the Tennysonian princess who says:

"Yet will we say for children, would they grow  
Like field flowers, everywhere! We like them well."

And truly the blessed Froebel heart must have loved them too, for all over our land the kindergarten seed once sowed by the German child-lover has taken root and borne beautiful fruit.

In Cincinnati the seed from over the ocean, cared for by loving women, has bountifully blossomed forth. At the Centennial of the Ohio Valley States the kindergarten exhibit is indeed interesting. One glance at the four walls of the department in which the children give exhibitions every day suggests a thousand helpful and welcome ideas to the dear mothers

who dread the coming of "the long and dreary winter," when the small people will be housed after their whole summer's freedom. How to entertain and instruct during the reign of old winter is a vital question.

There was splint-work adorning the walls that would delight the baby heart; there were colored papers woven in bright designs, strings of beads, dried peas, circling ring-work, folding of paper into boxes and boats, into delightful chickens, that with a vivid imagination might be able to crow; while the kaleidoscopic designs of gummed papers—squares, diamonds, and triangles—were very fascinating for young minds. Even Baby Gertrude would find great delight in outlining a dear little bird in crewels or silk of bright hues, and poor, tornado-like Ted, who hears more "don'ts" than any other word through the day, would be peaceful and quiet tracing a ferocious-looking lion in red silk.

At ten in the morning and two in the afternoon the centennial visitors make their way to the kindergarten department, listen to the songs and watch the varied exercises of the bright little people who seem to thoroughly enjoy it all. As we watched them they were singing a little bird song—twenty sunny-faced little men and women seated at two low tables. As the birdie began to flutter its wings they went through the motions with their hands, until it had tucked its tired head under the mother-wing, when twenty wee heads were laid low, and the dear babies were seemingly fast asleep. After this blocks were brought in for one little table and colored squares of paper to fold for the other.

Many mothers go away with visions of bright-tinted paper designs, rings, blocks, colored straws, outline pictures, and sweet little motion-songs floating in their minds, that shall be condensed and utilized during the coming months—and blessings in their hearts for the German child-lover.

We owe much, so much, to the children—to keep them pure and clean, to implant in the young hearts a love for the beautiful and good—and Richter says: "The smallest children are nearest to God, as the smallest planets are nearest the sun."

E. S. R.

*Aurora, Ind.*

#### The Troublesome Children of our Neighbors.

*To the Editor of BABYHOOD:*

Can any of your numerous correspondents offer any suggestions in regard to a matter which

has puzzled me considerably, and which, simply stated, is, What is to be done with a neighbor's child who will not mind a word that is said to him, and who torments both you and your children until you are nearly wild? Now, I do not claim that my own little ones are perfection, by any means; but I do claim for them what is their due, and I know that they are obedient abroad as well as at home.

I know, moreover, that all children, even the very best, will be troublesome at times, so I make it a rule to inform my acquaintances that whenever my children become troublesome or are in the way for any reason they should not hesitate a moment in sending them home, as I would never mind it in the least; and I was credulous enough at one time to believe that the rule would work both ways. But I found it didn't, for I seriously offended a neighbor, and a good one too, whom I would not willingly have made angry, by sending her child home when he became quarrelsome. After that I was a little more careful, but another instance or two of the same kind taught me that all mothers do not take my view of such things, and now I am often sorely puzzled as to whether I shall submit to great annoyance or run the risk of offending my neighbors.

One little girl visitor is a regular "Paul Pry," and, though old enough to know better, she peers into everything she possibly can. If a covered dish is on a table, up goes a corner to see what is beneath; and if, by chance, she gets no further than the parlor, every article it contains, from a bow of ribbon to my cherished piano, is faithfully inspected, while I listen to her mother with half-an-ear, expecting every moment to witness the destruction of some choice bit of bric-à-brac. If she is alone, "You'd best put that down," is all I have courage to utter, which has no effect, as the child is both persevering and inquisitive, and I would as soon think of taking a journey to the moon as of sending her home. Her relatives designate her "a perfect little lady," though she behaves very little better in their presence than in their absence, and obeys—not at all.

This is only one instance, and I could cite many others of a like nature, and sometimes I feel as if I would like to cut the bell-wire and be deaf to all knocks. I tried the plan of keeping my own children entirely away from houses where I did not wish return visits, but I have not found that I am any better off by it; so now I have concluded to state my grievance to BABYHOOD and see what other mothers do in

like cases. I still cling to my first opinion, that mothers should be sensible of the fact that their children may become troublesome to their neighbors, and feel no offence if they are sent home occasionally. Of course I do not mean in an ugly way, for a pleasant voice and kindly words, with an invitation to come again some other time, will take off the blunt edge.

Another point in the same connection is that some mothers will take up their children's quarrels. I think it an exceedingly foolish practice, though I have known it done over and over again; and I have also observed, as a general rule, that while the parents were keeping up the feud, the children had "made up" and were as good friends as ever.

AUNT NELLIE.

*York, Pa.*

### Conquering an Obstinate Baby.

*To the Editor of BABYHOOD:*

She was an obstinate little thing, as headstrong and self-willed as it is possible for a baby to be, addicted to hard crying-spells on the slightest provocation, and as each one of these was a serious injury to her (owing to a certain weakness with which she was born) our young lady had been allowed to follow the dictates of her own sweet will to a tolerably large extent for twenty-one months. By this time she had outgrown her weakness, so I concluded to take her in hand, though I did not promise myself an easy task when I began with the worst habit she had—that of sitting up till eight or nine o'clock at night instead of going to bed at six, as her sister used to do.

She was always carried up-stairs by her nurse early in the evening, bathed and fed at the regular hour, and was generally good, laughing, jabbering, and singing, until nurse undertook to make her go to sleep; then pandemonium reigned. She wanted a drink, she wanted her chair, she wanted this and she must have that, until at last, after a hard struggle and some crying, she was asleep.

It grew worse and worse, so one night, when I had listened and watched until every nerve was on edge, I told the girl to lay her in the crib and leave her to me, which she did reluctantly, for her fondness outweighed her firmness, though she acknowledged that the child was beyond her control. I have never been able to hold or nurse my baby, so I knew it would be folly to attempt to follow nurse's plan of rocking, though I longed to take her in my arms when the tiny heels flew up and down, and she

began to scream with all her might; but all I did was to sit down beside her and wait until she hushed a little. Then I told her very quickly (for I did not allow myself to get impatient or out of temper) that when she stopped crying she might have sister's doll to put to sleep. In two seconds she was good, but there was another battle and another cry, for she wanted to play with the doll. Three times I held her in the crib by main force, and two hours had passed before she finally went to sleep.

The next evening nurse went out, so Baby and I had it all to ourselves. She fought like a little tiger at first, but presently seemed to comprehend that I really meant to do exactly as I said; so, when I helped her in the crib, she lay down and asked for "ba-be." I gave it to her, and she was so good I began to congratulate myself on my easy victory; but I "reckoned without my host," for finding the doll was not to be played with, and that nurse did not come to take her up and rock her, she set up a crying-spell, but it was not so long nor so violent as that of the previous night. In the midst of it I left the room, but sat in the hall outside where I could see without being seen, and every few minutes I spoke to her in a gentle, soothing tone. She did not make any attempt to get up, and in a short time hugged the doll to her breast and went to sleep.

On the third evening nurse bathed, fed, and undressed her as usual, put her in the crib, and left her. I gave her the doll, took myself and the lamp into the hall, and in less than a half-hour Miss Baby was sound asleep without a word or whimper. Since then I have had no trouble. Baby is as good as gold, in that particular at least, and I only relate the circumstance to show what patience and firmness will do with the most obstinate child, and how easily a bad habit can be conquered where there are exercised. J. B. M.

*Pennsylvania.*

#### Keeping Children Still in Bed.

##### I.

*To the Editor of BABYHOOD :*

The "Young Mother" at Rye Beach, who wishes to make her children lie still after being put to bed, will find the greatest comfort in a contrivance described by me two years ago in the pages of *BABYHOOD*, which I have found invaluable. My baby wore over his night-gown a waist of strong, coarse linen, to which were at-

tached two long strips of the same material. When he was laid down these strips were passed round a bar of his crib on each side, and then tied in a knot on top of his body. This made it impossible for him to rise, though he could move freely. It was always untied after he went to sleep. He never made the least objection to it, but an older child might if he were not accustomed to it early. If, however, a child refused to obey and lie still when told, some punishment would be certainly needed, and being tied into one of these little jackets would be as mild and efficacious a one as any.

The "Young Mother" may rest assured that if she does not teach obedience at two and three, she will only find it harder and harder as her children grow older; and if it is not taught at all, she is laying up for herself an amount of trouble in the future which will probably end in separating her from her children when they are older, a boarding-school often being the last resort of the parent who has failed to get control of her children when young. Mothers do not look ahead enough, or they might often say, in a forlorn parody of Tennyson :

"Oh ! what will he be at fifteen,  
If nature should keep him alive,  
When I find him quite beyond control  
When now he is scarcely five ?"

*Boston.*

*C.*

##### II.

*To the Editor of BABYHOOD :*

In a recent issue I read a call from a mother who wishes to know some way of keeping the little ones quiet after putting them to bed. I have a very successful plan which I have used in the case of my two eldest children for four years. It is so simple that any one could try it, but at first the children objected to its use, though they shortly became perfectly willing to have it put into daily practice. It consists merely in pinning a diaper closely about each wrist, leaving a space of about three inches between the two wrists. I put the diaper-pins in parallel to the arm. The hands are behind the back in an easy position. Care must be taken to unpin at once on the child's falling asleep or soon after, that the arms may not "go to sleep."

My children always fall asleep in from two to five minutes after pinning. I use it at night and for the nap which it seems best to me they should take at mid-day during the heated term, when the days are so long and the chambers apt to be warm till after the cooling evening breezes.

With a day-nap, of two hours' duration, I am not anxious to have them in bed until about eight o'clock at night, from which time they sleep until half-past six in the morning. My children have always worn night-dresses of a light-weight, all-wool flannel, and so need very little other covering on most of the nights of our summer. Covered too closely or with too heavy bedding they would be hot and restless. I ought to state that, the hour of sleeping being once established, the children do not require the hands fastened, lying quietly down and going at once to sleep.

I greatly value *BABYHOOD* and consider a year's subscription a better Advent-present than any number of socks or knit articles. The fact that my husband is a physician does not render *BABYHOOD* uninteresting reading for him, and he cordially welcomes it to our home and joins with me in sending it to our friends.

*Newtonville, Mass.* W. H. WESCOTT.

#### Another Hint to "An Ohio Father."

*To the Editor of* *BABYHOOD* :

Although not an authority, as my children are yet quite young, I would like to tell "An Ohio Father" of our discipline. It is a system of credits, ten credits being given for the week. If none are lost our little girl receives ten cents at the end of the week, one cent being deducted for each credit lost.

When the fault is very small, as forgetting "please" or "thank you," sometimes only half-a-credit is taken; and sometimes, on rare occasions, when I see real effort to do right, one is earned. All these, the amounts received and for what expended, are written in a little account-book, and the same shown to papa Saturday night, when he goes over the mishaps, thus recalling them and preaching a little sermon, and then paying the amounts due. It has worked like a charm with my two, who are considered unusually *good* children by all who know them. It is so easy to form the word "credit" with your lips if the child is near strangers, and the effect is magical.

E. C. PERCY.

*San Francisco, Cal.*

#### The Spirit of Giving.

*To the Editor of* *BABYHOOD* :

A lovely woman, whose broad charities and active mind won her friends and held them fast, even in her eighty-ninth year, taught me a lesson that I want to share with the readers of *BABYHOOD*, for it has a depth to it that all patients should feel.

My daughter was but three months old, and I had in only a general way thought of her training in relation to character. She seemed too young to need more than care and love. Her training I thought a matter for coming years—at all events, not one to be considered seriously in her first year.

This lady showed me my mistake. She sent me one day a shining gold dollar for Baby, and on the envelope in which it was enclosed was the inscription, "To be her first contribution to the missionary-hox." Such a gift was unusual, especially to so young a child, and I attributed it to her spirit of charity, combined with a desire to remember my baby; for, knowing that her income was not large, I thought she had taken this way to accomplish two ends.

A little reflection, however, showed me her real purpose. It was not that she was giving the dollar to the heathen. Had that been her object she would not have delayed its journey. Missionary-boxes were close at hand. Nor was it that she desired to give a present to my baby, for the gold was not to be hers. The gift far exceeded its outward value. It was the spirit of generosity that she was trying to bestow, and she went about it in a practical and compelling way.

Very little babies assert their individuality, as we all know, and differences in disposition are marked at an early age. Heredity has much to do with these differences, but our bringing-up has more. Influences develop our best traits and overcome to a large degree our faults, and *vice versa*. A child is naturally jealous of another child, or even an animal, that comes to his mother to claim and receive her caress. The impulse is to fight the new-comer and retake possession of mother's heart. But if the way be first prepared for baby-sister, or pussy be made an object of pity and tenderness, no greeting is warmer than the little man's, whose promotion has begun (not whose "nose is out of joint," as he is sometimes told), and pussy is henceforth protected and loved.

What applies to jealousy applies equally to other traits. But as nearly all our badness is centred in selfishness, if we can implant in our children a right regard for others we can overcome most that is at fault in their characters. It is to the accomplishment of this that we should bring our greatest efforts; a true understanding of the spirit of giving will help us most.

Our first aim must be to make Baby feel that he is not the objective point in existence whither



tend the choice and beautiful things of earth, but that, though somehow these things are his, they are only his to be divided. Begin by asking him for bites of his cracker. Do this whenever he has one and he will soon offer it to you. Left to himself he will swallow it all. Ask to shake his rattle and play with his toys. If you make him see that you find pleasure in them he will bring them to you frequently of his own accord. Otherwise he regards them as his own for his own amusement.

If a little friend comes in to play with him the natural child guards his possessions and is inspired to play with just the toy his visitor happens to want. Unless better trained, the other child is equally selfish and the result is dissatisfaction and open rupture. But make him feel that his little friend is his guest, and here to be entertained, and even in very young people you will see a beautiful spirit of hospitality.

Make a child share everything he has with some one. It is not enough that he gives out of the sum provided by papa for Sunday-school, holiday presents, and the like. He has his own store of gifts to draw from, which are far more valuable—his love, his thoughtfulness, his courtesy, the assistance his little hands and feet can render, his pleasures, perhaps even his own pen-

nies—he will give all these if he is taught. And giving them cheerfully, he has learned the secret of happy childhood, and prepared the way for an honored and useful life.

It is worth all it costs us parents to help our children to the right learning of this most blessed spirit of giving. But to teach unselfishness we ourselves must be unselfish! It is not always easy to share their play, nor pleasant to bite the finger-soiled cracker or half-sucked candy. Nor is it always convenient to help them in their plans for others when it involves trouble for ourselves. But these things are vital, and if we want our children generous we must make them so; and if we want them to care for others and make life easier and sweeter to tired hearts, we cannot begin too early to teach them to do it.

The dollar has not yet been dropped into the missionary-box, but it is gathering interest which is not computable. When it goes on its journey, however, as it will when Baby is old enough to make her first offering in God's house, it is sure to carry with it the blessing of its giver's generous spirit, and, I hope, a love for others, which her gift shall have inspired in my little daughter's heart.

H. L. E.

Washington, D. C.



## EXTRACTS FROM THE DIARY OF A GERMAN BABY.

[Translated from the Munich *Neueste Nachrichten*.]

*FIRST day.*—Wonderful, heavenly! At last

I am really in the world! Who would have thought that one could breathe so freely and cry out so loud! I am curious to see if all will be as I dreamed! How I shall enjoy the sunshine, the blue sky, and the fresh, pure air that will cool my heated skin! Oh! if I might only see and feel them now!

*Second day.*—What a dreadful heat! How disappointed I am! This air, this water, this light—how different it all is from what I imagined. Patience! I shall be better off after a while. This old woman who nurses me doesn't seem to understand me at all.

*Fifth day.*—No deliverance yet! If it goes on like this I can't hold out much longer. The whole live-long day I lie smothered in feathers.

I can scarcely get a breath of air. I am bound up in one woollen and two linen swaddling-bands, then a little shirt and a worsted jacket are put on to me. I am placed on a long feather pillow, and a feather coverlid is laid over me. The hangings of my crib are closely drawn, double curtains darken the room, and the windows are tightly shut, and there I, poor little creature, must lie from morn to eve. My glowing skin is even worse off than the stove beside me, for that can give off its heat. Oh! if I knew what to do. If I cry that old woman brings me hot milk to drink, and I am hotter than before. If my hands feel cold, because my head is burning, that cruel nurse brings a pair of feather pillows for them. I am ready to die with pain. I turn my half-closed eyes from side

to side seeking some escape, and my tormentor says: "The child is shivering, he needs more warmth"; and she catches up the thickest blanket she can find, heats it on the stove and throws it over me. Is no one coming to help me?

*Tenth day.*—Another fearful night! The air is stifling! I cry my best, but no one understands me. I must drink, drink, and drink again until I overflow. This morning I was longing for my bath, hoping it might be a little cooler than usual. They began to undo me, but all at once they bound me up again and put me in that horrible pillow. The nurse was frightened about something, and off she sent for the doctor. He came and looked at me in my pillowy grave, and—did nothing to help me, although I looked at him most pitifully and tried so hard to tell him of my sufferings. Half an hour later I had to swallow a spoonful of nasty sweet stuff that smelt horribly; that was to do my poor stomach good. Air, air, fresh,

cool air; light, water! Shall I never know them in this world?

*Twelfth day.*—Well! It can't last much longer! There was a grand conclave of all my aunts and female cousins yesterday; each had a new remedy for me, and all agreed that a cold was the cause of my illness. They ordered that I should be kept warm; they gave me prepared food and some strong wine that went to my heated brain and made me lie like one dead. They bound a flannel tightly around my stomach so that after every spoonful of food I had to bring some up. My legs were drawn down straight and fastened tightly so that I could not even draw them up to ease my aching stomach a little. I am gradually becoming insensible. Oh! that it may only be soon over.

*Thirteenth day.*—Farewell, thou beautiful world! Thy light, thine air have not been given me. I am going to where there are no bands and all are free! M. G.



## A SURPRISE.

BY CHARLOTTE W. THURSTON.

WITH anxious brow and drooping head  
Sat little Bessie at my knee,  
And hemmed a sheet for dollie's bed.  
"Why, Bessie, where can Charlie be?  
The little rogue! I'll go and see."

I found him standing at his crib;  
There where his little form had lain  
A corner from each sheet was cut,  
From blankets and from counterpane.

He saw me, raised his busy head;  
Delight was dancing in his eyes:  
"I've dot for Bessie a surprise!  
They'll fit on Bessie's dollie's bed;  
I've cut 'em, Mamma, just the size!"

## THE FATHERS' PARLIAMENT.

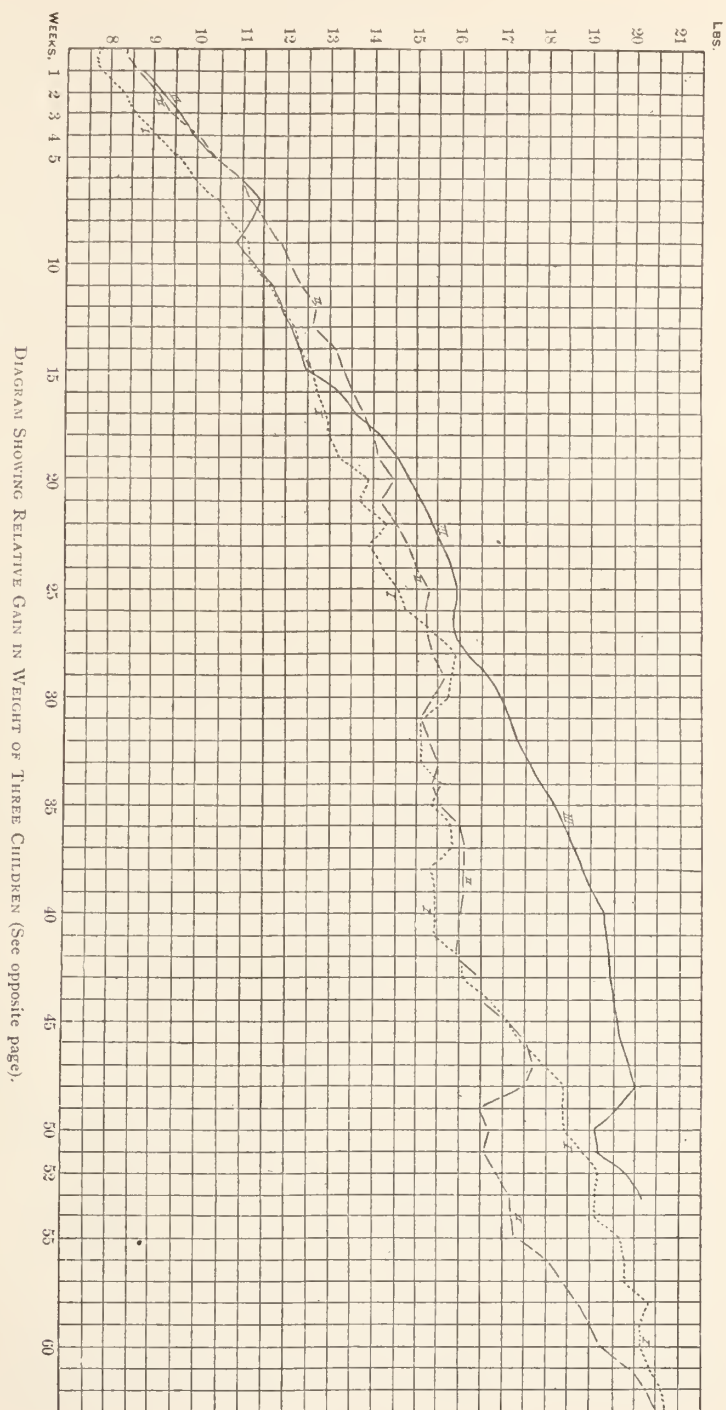
The "Weight Chart" and its Lessons.

To the Editor of BABYHOOD:

Though Mr. George H. Carpenter, of Boston, has to some extent anticipated me in his article on a method of recording "Baby's Weight" in a recent number of BABYHOOD, I venture sending you another on the same subject. The method I have used is exactly the same; but, having applied it to three children in succession, my record bears some instructive

features that come from comparison, and which that of one child cannot have.

Of my three children the first two are boys, the third is a girl. The record of No. I. is given in a dotted line, that of No. II. in a broken line, No. III. in a continuous line. All three are well and healthy, though none of them large; none has ever had any trouble but such as result from disordered digestion and would be expected by the experienced in bottle-fed



babies. All three have had diarrhoea, though in varying degrees of severity.

No III. was not weighed at birth; her record is incomplete at the beginning. The curves show some well-known facts at a glance, such as the decrease in weight during the first days after birth and the greater weight of subsequent children.

I might point out, as Mr. Carpenter has done, the promptness with which health, lurking sickness, appropriateness or unfitness of the food reveals itself in the curve, often before any symptom shows itself to the eye, or appears in the behavior of the child; but I hasten to the "comparative feature" of my record.

The children's mother was not so happy as to be able to nurse the children throughout. She had to stop after three months with I. and II., after seven weeks in the case of No. III. No. I. was a child with a very delicate stomach; no artificial food that we used seemed to agree with him for more than a few weeks at a time. We were often at our wits' end. The curve shows in its fitful course a true picture of the ups and downs of health, and to our eye it is a most eloquent reminder of the cares, the anxieties, and the sleepless nights of the young parents. When nearing a year, things gradually improved, and after that his digestion proved equal to the duties imposed upon it; henceforth progress was uniform and satisfactory.

No. II. was a good, healthy child. His digestive powers seemed good; he was round and chubby, slept well, and was good-humored when awake. He gave us but little trouble. And yet see the curve. The same fitful ups and downs; the same lingering after he had reached fifteen pounds, so that it actually took, with both children, almost four months to bring their weight up to sixteen. The heavy fall after the 47th week denotes a severe attack of diarrhoea, from which, however, he rapidly recovered; with him, also, progress was steady after he had reached the end of his first year.

No. III., as stated above, is a girl. She was nursed at first, as the others. When seven weeks old her mother had an attack of illness and nursing had to be stopped. But the child did not take kindly to artificial food. The symptoms were prompt and alarming. (See the rapid fall from 7th to 9th week.) A woman was found who had more milk than her own baby needed, and who took the little thing to her breast once a day. (See the rise in the curve from the 9th week.) But the arrangement proved exceedingly troublesome and un-

satisfactory, and so, instead of returning to the sole use of artificial foods, we engaged a wet-nurse, who proved to be a very good and faithful woman. The change was made in the 15th week. Can there be anything more eloquent than the language of that curve?

Summer came; we left the hot, smoky city and moved out into the country, nurse and all. We boarded with a farmer and at first suffered, all of us, from the poor quality of the food, until we got used to it, and had made our wishes understood by our hosts, kindly folks, whose only fault was rusticity. Does the curve show it? Examine the weeks following the 25th.

Hence progress was steady and uninterrupted. After the 40th week, owing to imprudence on the nurse's part, the increase in weight became gradually less, and at the same time the child grew very restless at night; the physician's advice at last was, immediate weaning. At the end of the 48th week this was done. The fall in the curve, rapid as it is, does not depict the misery of the poor victim, nor that of the mother; but many have had the experience, and I need not expatiate. After two weeks the little thing had become reconciled to her lot; after three, growth became vigorous and has continued so ever since. When sixteen months old, the child had sixteen teeth.

Now if there is one lesson which the curves emphasize it is the immense superiority of nursing over artificial feeding. There is No. I., the delicate child, many times almost at death's door through chronic indigestion; No. II., the apparently well child, good-natured and giving very little trouble, yet the result is just the same; lack of assimilative power until nine months old. No. III. grows up like the flower in the garden; no care, no anxiety, no check. If ever we have another child to bring up, I know what we shall do, in justice to ourselves, but especially in justice to the child.

Chicago.

J. J. S.

[We reproduce the diagram on a somewhat smaller scale, the upright lines representing weeks, and the horizontal ones half-pounds.]

#### Dirt versus Health.

To the Editor of BABYHOOD:

I have no sympathy with the commonly accepted belief that "dirt is healthy" for children, or that it is "good for them." I think it is sometimes offered as a sort of an excuse for the shiftlessness of parents who are indifferent to the appearance of their children. Allow-



ing, however, that dirty—sometimes filthy—hands and faces and garments are not harmful to a child's physical well-being, I am confident that a child's morals and manners are influenced in a marked degree by its cleanliness. I don't think it is possible for a child living in a condition of habitual dirt to be morally pure. No growth of gentleness, of godliness, of politeness can be expected from such a child. It is said that cleanliness is next to godliness, and I believe that one is a part of the other. I have dined at tables at which the children of the family appeared just as they had left their out-of-door games. Their hands and faces were dirty, their hair uncombed, the marks of their mud-pie pastime clinging to them. It sounds well enough to talk about mud-pies, but I don't believe that they are necessary to the health or happiness or moral growth of children. My children don't make mud-pies. They get pretty dirty at times, but they don't remain so long. They never appear so at the table, and they go to bed as clean and sweet as children should be. I won't allow them to go around with their shoes unbuttoned, safety-pins doing duty here and there as buttons, and their garments ready for the laundry. I am too jealous of their own self-respect and their respect for me to allow them any great license in the way of actual dirt. And they are not made miserable by such cleanliness. They are not little prigs. They are healthy and happy, and a greater pleasure to me and to my friends than they could be if habitually untidy.

Boston.

J. L. H.

#### Nursery Superstitions.

To the Editor of BABYHOOD:

"It is not lucky to weigh children." This is especially unfortunate and causes the physician no end of trouble. In fact, the weight is important as a sign of health, any decrease foretelling the advent of acute disease as surely as the sudden fall of the barometer.

"It is not good for children to sleep on bones." This, from careful questioning, I am led to believe means that it is not well to let the child sleep in the lap. If so, it is a superstition that should be fostered, because the child, when lying in the lap, is huddled into a heap that is not conducive to good breathing or straight growth. Consumption and spinal distortion may possibly be promoted by this habit.

"Cats suck the breath of infants and so kill them." In fact, cats like a warm place. What better nesting-place than the baby's

cradle? Still this preference on the part of poor pussy is frequently a cause of serious inconvenience to her, for, having established herself close to the baby in the snug warm cradle, she finds herself ignominiously hustled out the moment her presence is discovered. It is true that cats may cause the death of a child, suffocating it by lying across its little chest, or that this may cause permanent weakness of the respiratory organs.

"When children begin to walk, they must go upstairs before they go down." If this is not attended to, or the reverse happens, the child will never rise in the world; and if there happens to be no upstairs, the child being in the highest room in the house, or there is but one story, the difficulty may be overcome by setting a chair in the room, the child stepping up into that. The origin of this superstition may be found in the fact that it is better to climb than to fall, and less detrimental to the welfare of the child. A child will patiently climb and surely reach the top of a flight of stairs, while if he attempted to come down he would come in a heap instantaneously.

"If you rock an empty cradle you will rock a new baby into it." This is difficult of explanation by any other reason than that of coincidence. The expectation of an addition to the family naturally causes the production of the cradle, which has been stored away previous to that expected occurrence.

These are a few of the senseless ideas which have been handed down from generation to generation, and are as tightly clinched in the minds of men as the wrought-iron nails with which our forefathers built so well.

Boston. CHAS. EVERETT WARREN, M.D.

#### Argument with the "Disciple of Malthus."

To the Editor of BABYHOOD:

If your space will permit, I would like to say a few words in answer to the "Disciple of Malthus" in a recent number.

First, let me say that I think we probably both agree in the main, for this "Disciple," "could he have his own way" (although, if he is like the other fathers I know, he cannot), says he would have a large house well filled with little children. And so would I, but I think he and many of us make the natural mistake of looking too far ahead, and of presuming too much on what the next day or year may bring forth.

Could we *know* that we should only be able to entertain a certain number of these pleasant guests, then I should fully and entirely agree

with the "Disciple of Malthus" that it was wrong to the children to invite more of them than we could properly feed, clothe, educate, and start in life, but he does not *know*, and just there is where we fall out, and where we too often argue on uncertain premises, for how can we *know* just what our income will be five, ten, fifteen years in the future? How many fathers and mothers struggle through the first years, with the trials and troubles of a large family, and then find in some unexpected way a sharp turning of the long lane?

I very recently knew of a father and mother who since their marriage had barely succeeded in making both ends meet, because of their family of eight children, a lot of strong, fine boys and girls. By the death of a miserly uncle, supposed to be of moderate means, they inherited a large amount—sufficient to support them and their daughters for the rest of their lives. From this source not a cent was expected or counted on. They would have had but a small family to enjoy and be benefited by if had they reasoned with the "Disciple of Malthus," and figured the average number of years allotted to them and the amount they could save out of their small income.

This is but one of the thousand ways that we know nothing of, and which we cannot foresee, by which our income may at any time be increased. Some fortunate investment may prove sufficient to take ample care of the "very large house well filled with children," and I think we may more safely take the chance of the large house well filled than the much worse alternative of the large house empty or only partly filled.

When the money comes, and we get relief from money cares, we usually suffer in some other way to make up for it. It is hard enough for the father and mother to lose any of their children, but is it not less of a loss to lose one out of four, five, or six than one out of one or two? At least, is it not easier to bear the loss?

I know that many people dislike to take upon themselves obligations, even of this form, until they see their way clear to provide for them; but does not a different element come into this question, namely, time? Some things, like elm-trees, take *time* to grow, and if they are not planted when we are young we cannot sit in their shade when we are old, even if we then have the money to buy the biggest and the finest. So we can more safely leave Providence to send or withhold them, and rest assured that

if the parents are prudent as far as they can be with their money, nine times out of ten the children will be well taken care of.

The self-sacrifice necessary in the father and mother of a large family well brought up is fully repaid them in the children, and the children themselves, instead of being "walled in" by their brothers and sisters, are broadened in their ideas and have all the rough places smoothed out by contact with each other, losing little but the over-abundance which spoils so many children in small families. For the parents they are a great education. Said a mother on being asked what she taught her children, "I don't teach them; they teach me." Since I have become a father of a boy and girl who answer the description so well given by some of your correspondents in the word "terrors," I have grown to think that any father and mother who have lived a good life and have brought up well a large family, have in that alone accomplished a great life-work.

Pennsylvania.

QUIVERFULL.

#### Another Vote for the "Children's Hour."

To the Editor of BABYHOOD:

Let me express my delight upon reading the letters from the "fathers" who read BABYHOOD. The communication from Louisville in a recent number gave such a graphic picture of the "children's hour," and closed with a lesson so forcible, that I am sure no parent can read it and not be the better for it. When the worry and the work of the day is over, what a rest it is to unbend and be a child again! And can we imagine the delight of a little one's heart when papa appears upon the scene to laugh and frolic with him, as only papa can? We take it that this is the sure way to develop the good side of our nature. It acts on both father and child alike, and a home where the sports of the children are engaged in by all is sure to be a happy one. My boy is just beginning to show a love for games, dominoes, "Dr. Frisby" and such like, and as regularly as the sun sets he counts on his "three games with mamma, papa, and grandma."

Like my Louisville friend, I propose that the boy, and all the boys and girls which are to come (D. V.), shall have no occasion to go on the streets and to our neighbors for amusement. Home memories are a strong defence against the temptations of manhood, and our home-life is ordered accordingly.

And now a word in praise of BABYHOOD. We have been your subscribers from the first

number, and wife says she "can't live without it." We blow your trumpet on every occasion. Mamma and grandma and papa, we all read it, and say God bless BABYHOOD in its good work!

ANOTHER FATHER WHO READS BABYHOOD.  
*Medina, N. Y.*

### The Fascination of Extreme Youth.

*To the Editor of BABYHOOD :*

There is something about the very young of all animals that appeals strongly to our better nature. Few men are so brutish as not to yield at once to the fascination of infantile innocence, whether human or animal. Stones and kicks are aimed at the old dog, but the puppy is rolled over on his back and tickled. The brutal hostler raises welts on the ribs of the old gray mare at the slightest provocation, but he turns round and playfully caresses her little colt who walks up and nibbles his sleeve.

Animals in their turn often reciprocate with equal tenderness in favor of human youngsters. Instances are not uncommon where the most ferocious animals have respected the innocence and harmlessness of babyhood, when in the case of a grown person there would have been an attack.

Some years ago I happened to be an eye-witness to a case of this kind in the West. A ranchman friend of mine owned a vicious stallion named Tartar, which was almost as dangerous to approach as a bear. The greatest precautions had to be taken with him when leading him, or he would fly at a person open-mouthed, the picture of savagery. He was almost like a wild beast. When picketed out with a long lariat, woe betide the man who absent-mindedly wandered within the circle of his reach!

One day the two children were playing about on the corner of a piece of meadow not far from the house. The horse was picketed two hundred yards away at the other end. One of the children was a mere baby, a girl; the other was a six year-old boy, known as the Old Man on account of certain wise ways that cropped

up at odd times. They had been playing about for some little time when the Old Man came racing to the house in mortal terror, shouting, "Tartar, Tartar!—the baby, the baby!" The horse had pulled up his picket-pin, and, unobserved from the house, had made his way down to the near end of the meadow. The Old Man had been taken so completely by surprise at finding almost upon them the dreaded horse against whom he had been daily warned, that he ingloriously fled the field without his little sister.

My friend and I hastened to the door, and what do you think we saw? Tartar, the terror of the ranch, known to everybody for miles around as the "man-eater," was standing a few yards from the baby, snorting at her in a decidedly sportive mood. With tail aloft and stepping very high, he circled around her, evidently desiring in his rough, horse-like way to have a game.

The baby was badly frightened, of course, and was squalling like a good fellow; but the horse evidently had no intention of harming her. This phase of the matter, however, appealed to us with far more force after the baby was rescued than it did at the moment. The danger seemed real enough to us all as we rushed to the door in reply to the Old Man's notes of alarm.

In frantic haste the father said to me: "When the horse takes after me, you run and grab the baby and climb over the fence with her." So away sped my friend in a manner to attract the attention of the horse. After him, almost as promptly as a dog might give chase to a cat, raced the horse with a squeal of viciousness. Out I quickly dashed, and, seizing the baby, clambered over the lot fence close at hand. The ranchman dodged Tartar around an out-house, and regained the house shortly after I reached it with the baby. All were convinced that had a grown person, or perhaps even the Old Man, been in his power as was the baby, he would have attacked him with his customary ferocity.

THOMAS STEVENS.

*New York City.*

## CHILDREN BY ADOPTION.

BY A. E. P. S.

ENOUGH has been said through the columns of BABYHOOD on the desirability of placing a judicious limit on the increase of families to show that at least most thoughtful parents are

considering the subject earnestly, whichever way their decisions may incline. I wish to appeal to a quite different and an apparently increasing class among us, those who bear what

seems to me a greater burden than the too numerous flock so bitterly complained of by some over-tired mothers, those men and women whose lives must be always childless. How sadly many such homes can each of us count in the circle of our near friends! Not always, alas! are the occupants sensible of what they miss; indeed, it is not infrequent in this country to hear such people congratulate themselves on the immunity from care and responsibility of training which the childless condition bestows. Putting aside the frivolous and the selfish as too difficult to treat with here, I make my appeal to those right-thinking and conscientious parents *in posse* who have never entertained the thought of planting the empty home-garden with transplanted flowers.

The prejudice against adoption is as widespread as it is unreasonable. The subject is with many a delicate one and approached with difficulty, though wrongly so. Having gained the ear of such a couple, however, you will be met with the most strenuous objections to any plan in that direction. You will be told that the responsibility, moral and material, is far greater toward the child of adoption than toward the child of blood: that in nine cases out of ten the experiment turns out a failure; that in any case, inherited tendencies are so strong and adoptive love often mutually so weak, that the chances of disappointment and sorrow are too great.

Admitting the objections for a moment, in view of all the chances, I assert that in most childless marriages an otherwise homeless and parentless and loveless little one could have been placed, with distinct benefit and blessing to child and parents. For reasons not necessary here to discuss, the childless condition seems to obtain most largely in the more cultured classes of society, and hence more frequently accompanies wealth and refinement, though my appeal is addressed to those who do not, of necessity, possess large means. In about equal ratio the homeless children of the world are sent adrift by the indigent and the ignorant. In the antagonism of these extractions is to be found much of the repugnance to adoption. To combat that antagonism, countless instances, to be seen for the asking any

day in our large orphan asylums and almost countless refuges, could be marshalled of these waifs of poverty who grow into industrious, cleanly, virtuous, and useful members of society under mere machine development that organized child-rearing necessitates. The failures, the persistently vicious, are the exceptions, and cases of special promise and intelligence are constantly apparent. If this is the case under the guidance of asylum training, what results might not be reached, and in any case how greatly are the chances of disappointment diminished, in cases of individual care and special nurture under adoption? Let any fair-minded person cast up in his mind the instances of evil result in the rearing of adopted children that have come within his ken, and those of the blood offspring who have wrung the hearts of fathers and mothers with wrong-doing and persistently vicious bent. On which side is the balance?

As to the great responsibility—how about the gravity of obligation that goes with the possession of a home and a prosperous, refined environment, to share those benefits with others less fortunate? Is there no responsibility assumed when you, who have these things, choose to leave the little being you might have cared for and trained to higher uses, to drift through a hard life and miss the light you could so easily have shed on that one dark spot?

The consideration of the child going wrong, or turning out a disappointment, is a selfish one. Even if he does, you will have done your part, and are not blamable if your treatment has been wise and just. So might your own have failed of virtue. A little care and thought in the selection of a child, making the choice at a sufficiently early period, and then, as far as you are capable of it, an absolute forgetfulness that he was ever any one's but yours, will do wonders, and very rarely has such care resulted in anything but happiness. So long as little children cry out for home, and love, and a fair start in the life-race, while they are trampled on and crushed by the brutal forces of society, and so long as childless mothers and fathers live in lonely homes of comfort or of selfish luxury, so long ought adoption to be urged as a missionary work both to the ministered unto and to the ministering.







## NURSERY PROBLEMS.

### Food for the Teeth—Withholding Knowledge from Girls.

To the Editor of BABYHOOD:

(1) I have long wanted to ask you about care of teeth during nursing, and especially before the birth of a child. Your January number supplied this need somewhat, but it did not say what *food* supplies lime, potash, phosphorus, silica, etc. It is what I have been trying to find out all my life, but never could find a doctor practical enough. My teeth experienced ten years' decay with the birth and nursing of my last baby. And the thought of losing my teeth has really deterred me from having other children. My hair also came out quite a good deal. My teeth are chalky, white and even outwardly, but full of soft decay. They have never been *nourished* enough. I am a small meat-eater, caring most for roasts. But I eat slowly, and every one else eats so fast I never get enough to eat. I dislike milk, but try to swallow it occasionally. However, if you can tell me the food I will gladly eat it. I always eat a great deal of fruit. My baby is two years and four months old; his teeth look like beautiful, strong ones, and are large and even. I have brushed them for a year with a badger's-hair brush.

I always introduce him as the "BABYHOOD" boy, because, being in complete ignorance of the duties of married life, I was in despair until I found out the magazine. My baby has quite a reputation for health, strength, intelligence, and beauty. I feel very grateful to your magazine for my knowledge.

(2) Why is it that a girl is so carefully shielded from knowledge of her future duties, or from *any* knowledge of hygiene? I think it is wicked.

Buffalo, N. Y.

R. S.

(1) There is no special food for teeth. As you are probably aware, the elements necessary to the making up of teeth, bone, and other tissues are found in many kinds of food, and, as we are constituted, our digestive apparatus can better appropriate these elements when presented as parts of food than when received in a state of comparative purity. The chemical reasons of this fact are thought to be partly known. You have in your letter enumerated some of the best tissue-forming foods—*i.e.*, flesh, milk, etc. It is a pity that you are obliged to deny yourself the necessary food on account of your slow eating. This habit is a useful one to you and we should advise you, rather than to give it up, to take small supplementary meals at proper times. It is in this way that milk is so very useful, because, while it contains to a remarkable de-

gree the tissue forming elements, including the salts, it is to most persons acceptable and easily swallowed even if the appetite be not keen. You, unfortunately, do not like milk, and we would not urge it in ordinary health if it was offensive or caused indigestion or diminished unduly the appetite for other food. Besides meat and milk may be mentioned the cereals, particularly wheat and oats, in all preparations in which the whole grain is preserved. From this last phrase it follows that the various forms of mush made from these grains are more useful than articles made from flour. Eggs, of course in moderation, are useful if well borne by the stomach, and a general vegetable diet, in which your favorite fruits play a good rôle, is never to be neglected.

(2) We do not know why girls are "so carefully shielded." Partly, perhaps, because many a loving mother is reluctant to think that her daughter, who to her is still a child, has reached an age when she should know something of maternal duties. In great part, we believe, because hygienic knowledge in any true sense—in contradistinction to what might be called the domestic cabala—is very rare among mothers. It is really appalling to be confronted with the ignorance, on such points, of persons not only intelligent, but in other respects cultivated. We think that for the most part girls are taught in proportion as their natural teachers have knowledge to impart.

### Stimulating the Growth of the Hair—Symptoms of Rickets.

To the Editor of BABYHOOD:

(1) What can I do to help the growth of my baby's hair? She is sixteen months old, and has so little hair, particularly in front, that I am anxious to know if I can do anything to increase it. She has only four teeth through, but I can see signs of four more.

(2) She was weaned when a year old, is beginning to tire of her milk-and-oatmeal diet, and wants potato and bread and butter, of which she has had a little. She was badly constipated for a time, but now her bowels are quite regular. She seems pretty well, yet I think her face is smaller and her cheeks not as rosy as they should be. I asked my physician if there was any danger of rickets, but he laughed

at me and said "no." Will you give me your idea and tell me what treatment you would advise?

*Sioux Falls, Dak.*

H.

(1) We should do nothing for the hair beyond keeping the head clean. Many children are extremely slow in getting hair, but it comes ultimately, and, so far as we have observed, just as abundantly as in other children. The growth and development of children is very often fitful and uneven, one part growing seemingly at the expense of another for the time.

(2) Let her have of the bread the hard crust only, which she may chew thoroughly before she can swallow. It may be buttered. Withhold the potatoes for the present. Give her beef soup, or squeezed juice of beef, mutton broth, wheat mush, as a variety from oatmeal. The evidence of rickets is not clear, and you may as well take the comfort of the doctor's laugh, although, unfortunately, many will not admit rickets to exist until the disease is advanced.

#### Average Weight and Height—Symptoms of Rickets—Protruding Navel—Sucking the Fist.

*To the Editor of BABYHOOD:*

(1) I have three children under five years. My second, two years old this month, weighs 20½ pounds, height 2 feet 5¾ inches. Is not that considerably under the average? He is plump, but has a small frame. He has had a mild diarrhoea, which I have thought was occasioned by the hot weather and his teeth. He has just cut his canine teeth, which makes sixteen in all. He is not backward in intellect, however much he may be so in bodily growth; says almost everything, and some surprising things, we think, for a two-year-old.

(2) His legs are somewhat bowing, but we think they will strengthen in time, as his older brother's seem to have done. What is your opinion? Is it a case of rickets? He never has been particularly troubled with head-sweating, but he cries out sometimes at night.

(3) My two-months old baby has a protruding navel, though it has an indentation. It protrudes more sometimes than it does at others, especially when he cries. Is it a rupture? He has had his hands off some time—ever since the navel seemed to heal. Ought I to have kept them on longer? What is the cause and cure?

(4) My baby sucks his fist. Is there any danger, as I have heard it claimed, of its causing the teeth to project? He goes to sleep in that way, and I dislike to do anything to prevent it, if it does no harm, as he will be quiet much longer than he otherwise would.

A SUBSCRIBER.

*Rhode Island.*

(1) The weight and height are below the average.

(2) We cannot answer certainly about the rickets, as the bowing may not exceed the natural curve. Yet putting together several things you mention gives a strong suggestion of that disease.

(3) This question also cannot be answered

definitely without seeing the child, because sometimes the navel protrudes at a much later period than two months without a hernia existing. See if the protrusion is easily moved back within the abdomen and then escapes entirely from the touch. If it does ask your physician to look at it. If the lump is firm, is not readily pushed back, it is probably a peculiarity of the navel alone. We do not think that the longer wearing of the band was necessary.

(4) The sucking of a thumb is thought by direct pressure to sometimes make the central part of the upper jaw protrude. But the habit is so common and the result relatively so rare that we do not feel sure of the consequence unless the jaw was rickety. The sucking of the whole fist would not be likely to give this pointing of the jaw.

#### Proper Amount of Food and Intervals of Feeding.

*To the Editor of BABYHOOD:*

What do you consider the proper amount of liquid nourishment to give in twenty-four hours to a child from six to ten months old? Also the proper interval of feeding, supposing the child to have the advantage of pure country air and sweet, good milk?

W.

*Hyannis, Mass.*

A child of six months should, if well, have five meals per diem, and the same arrangement will continue till it is ten months or more of age. Supposing that it wakes at six A.M., and is fed directly, four-hour intervals will make the meal hours six and ten A.M., two, six, and ten P.M.; no food in the night between ten P.M. and waking in the morning. These hours and intervals will vary a little according to the time of the child's morning waking. Too frequent feeding is to be avoided. Very young babies take food much oftener than five times daily.

The total amount consumed in twenty-four hours will vary somewhat according to appetite, which ranges as it does later in life. The average amount of liquid food, not including simple drinking water, taken by a child of six months will be from forty-two to forty-eight ounces (three pints). The large-sized feeding bottles contain about eight ounces, and if the four-hour intervals have been followed one of these is frequently not all the child will gladly take at a meal, and as it approaches ten months it will probably demand more, although the diminution of the water in the food at this time may make good the extra demand, and three pints of the stronger mixture still be satisfying.

The question is one of averages. If a child of six months takes two-and-one-half pints

(forty ounces) of properly made food and cares for no more, we should count it enough; at the same time, if it were in good health and wished to exceed forty-eight ounces, we should allow it to do so. So at ten months; and if the child seemed burdened with the bulk of food we should increase the proportion of milk gradually to better satisfy its hunger. The process of increase should be gradual. We have not entered on the kinds of food. Two things should be borne in mind: that well children are oftener hurt by over-feeding than under-feeding, and that a few full meals with intervals of rest for the stomach are preferable to too frequent small meals.

### Swallowing a Coin.

To the Editor of BABYHOOD:

I am afraid that my baby, almost seventeen months old, swallowed a one-cent piece about two weeks ago; am not positive; we know that he was playing with it, and upon looking for it later it could not be found. It has not passed from him. Is it possible for anything of that size to pass through the intestines? and if it should stay in the stomach or intestines, would the fact of its being copper cause any serious result or trouble? He seems to be enjoying his usual good health, and at no time has given evidence of discomfort. I am anxious for BABYHOOD'S opinion. I have consulted our physician, but he seemed to regard it lightly, I thought because he did not wish to alarm me, and advised a dose of castor-oil.

R. B. B.

New Castle, Pa.

Such accidents are very common. Evil results, except from choking, are quite rare. We should therefore dismiss all concern unless bad symptoms arise, especially as it is extremely doubtful if the child really swallowed the coin.

### Dislike for Food other than Milk—Abandoning the Bottle for the Cup.

To the Editor of BABYHOOD:

My little boy, three-and-a-half years old, lives almost exclusively on milk. He can occasionally be induced to eat a little fruit, or a small plateful of soup, but seems to have absolutely no desire for meat, vegetables, boiled eggs, or light puddings; for bread and butter, bread and milk, oatmeal, wheat-let, cracked wheat, and cerealine he shows a marked aversion. He takes about two quarts of the best Holstein milk during twenty-four hours, sleeps well, and looks perfectly well. He is considerably troubled with constipation.

(1) I should feel very grateful if you will kindly advise me whether I should diminish the milk diet and force him to eat other appropriate food, or allow him to continue as he is now doing. As he is perfectly well, I am rather inclined to let his appetite follow its own course, and to wait until nature asserts a desire for other food.

(2) My baby of seventeen months is now taking her milk from a bottle. She has sixteen teeth, and is very strong and perfectly well, except for a ten-

dency to constipation. Is there any reason, as far as digestion is concerned, why the bottle should be continued? I should like to discard it, with all its troublesome accompaniments, and give the milk from a cup.

I have received so many valuable suggestions from your paper, in answer to other mothers' needs, that I venture to lay my own before you.

Buffalo, N. Y.

F. R. W.

(1) If the boy thrives let him continue on milk diet. But we should still continue to search after some cereal food to suit his taste.

(2) There is no reason why the bottle should be continued; indeed it could have as well been abandoned for the cup six months earlier.

### Number of Movements of Bowels a Day—Boiling Milk—Time to Change Proportions of Food—Gertrude Suit.

To the Editor of BABYHOOD:

My baby is nearly ten weeks old, weighs twelve pounds, and seems comfortable and thriving, sleeping on an average fifteen hours out of the twenty-four, so I suppose he is doing well.

(1) I want to ask how many movements a day a healthy child of his age may have. He always has five or six, and sometimes eight, in the twenty-four hours, which seemed to me too many. They are for the most part a good color, though once in a while what he passes will be very green; the consistency is all right. We feed him with cow's milk, prepared with "Peptogenic Milk Powder," fixing it in the morning for all day and night according to direction "No. 2," which only directs the milk to be "scalded" after standing in the "bath."

(2) Is the scalding merely sufficient to destroy bacteria? One reads so much about the wisdom of boiling milk before using that I felt anxious to know if scalding was an equivalent protection.

(3) How soon ought the proportion of milk (he takes one half-pint milk and one half-pint water) to be increased, and how long ought I continue the use of the powder?

(4) I would also like to know about the "Gertrude Suit" so frequently mentioned.

B.

Bloomfield, N. J.

(1) The usual number is from three to five. But an increased frequency above this standard, if the stools are of proper character, is not a sign of disease. If the movements are right in color and properly digested the over-frequency may be disregarded.

(2) As you have already seen in a recent number of BABYHOOD, boiling of the milk is not necessary; if it is subjected to the temperature of boiling water (steaming) it is enough. The scalding in the preparation of peptonized milk is not for the purpose of destroying extraneous bacteria, but to arrest the action of the digestive ferments. If it were not done the process would continue and the milk would become bitter. Take out a little cupful some morning before you scald it, and let it stand to cool with-



out having been scalded, and you will probably easily note the difference.

(3) It is not really necessary to make a change until the child is of weanable age. But we usually increase the proportion of milk gradually after six months of age, and in cool weather you may, if the child is well, try feeding on diluted milk without the peptone. On page 198 of Vol. III. you will find a table for the dilution of milk.

See editorial paragraph in this number, page 364.

#### Height at Birth and at One Year.

To the Editor of BABYHOOD :

Will BABYHOOD kindly tell me what is the average height and the chest measure of a child of one year?

New York.

J. H. H. C.

The height of a child at birth is an average from twenty to twenty-one inches ; at the end of a year the average gain is about eight inches, making twenty-eight or twenty-nine inches. The gain during the second year will perhaps average about four inches.

#### Excessive Sweating of the Head.

To the Editor of BABYHOOD :

My baby is six months old, and kept remarkably fat during the intensely hot weather. She suffered little from the heat, but her head was covered with big drops of perspiration when she eat and the pillow on which she sleeps was saturated. As yet she has no teeth. I read that three grains of phosphate of lime twice a day would prevent the perspiration on the head. Would you advise giving it, and do you think she is old enough to have trouble cutting her first teeth?

Memphis, Tenn.

M. G. C.

She is old enough to be getting teeth, but there is no particular reason why she should have trouble in doing so. They may be late. If the sweating occurs in any but very hot weather the phosphate of lime would probably be of use, but we presume that a preparation of the hypophosphites would be better ; such, for instance, as the syrup made by Fellows or McArthur, and commonly sold in drug-shops.

#### Teaching to Express the Need of the Chair.

To the Editor of BABYHOOD :

How can a child nearly two years of age, who uses his night chair regularly in the morning, be taught to give notice of his wants at other times?

A DAKOTA MOTHER.

Only by perseverance. The morning movement is so universal in childhood and adult life, that it would seem to depend upon some-

thing more than mere habit. We suppose that the quiet of the night's rest has allowed the lower bowel (not usually the very lowest part) to become filled, and only the stimulus of moving around or of the morning meal is necessary to produce the evacuation. At other times of day the stimulus may come irregularly, often when the child is at play or otherwise interested, and it does not recognize the preliminary sensations before the movement, and the evacuation finally comes suddenly. The child has not yet learned to exercise the muscular control necessary under these circumstances, and the bowel is emptied practically involuntarily. Often very intelligent children try to give notice, but too late. Quite recently a mother reported finding her child holding the vessel in its arms, but endeavoring to have the evacuation upon the floor. It had mentally associated the two things, but the necessary relations it did not yet understand. But the parent should not be discouraged, and should by no means punish or scold the child, as by so doing it would only be rendered more nervous and less able to control its evacuations. Praise whenever notice is duly given encourages the child, and except in the case of mental deficiency it soon gains the desired power. The same remarks apply in the main to the voiding of urine.

#### Unusually Thick Hair—A Bad "Head-Cold"— "The Bottle Habit."—Milk Without Sugar— Knitted or Leather Shoes.

To the Editor of BABYHOOD :

We count our three "olive plants" as coming within BABYHOOD's jurisdiction, and I have several questions to ask about them.

(1) Number one, five-and-a-half years old, has thick hair reaching to her waist. She has never been sick, excepting slight ailments, but she is small and her flesh is not firm. Her growth the past year has been scarcely perceptible. Is there any truth in the theory that heavy hair "takes the strength"?

(2) Number two (age three-and-a-half) had catarrh all last winter. Her father insists it was "only a bad head-cold," but should not such a cold be called catarrh when it will yield to no ordinary remedies? Until quite warm weather set in her nose was very troublesome, running all the time. She was almost free from it during the past summer, but with the cool mornings it is beginning to return. She took cod liver oil for several months, but I am not sure that it did any good.

(3) Is there *nothing* I can do, except to watch her general health, as BABYHOOD has before recommended?

(4) Would a daily salt bath be beneficial?

(5) Baby number three, nearly sixteen months old, still uses a bottle; his food is principally boiled milk, of which he takes a quart and a half, or more, in his four meals. Sometimes I put oatmeal gruel or barley-water in it, and generally feed him a tablespoonful of oatmeal or barley twice a



day, just after his bottle. The barley is prepared according to directions in the June *BABYHOOD* (for barley-water), except that it is soaked over-night, and after being cooked is crushed through a colander. It is very soft, and does not seem to need mastication. He has but six teeth, and cannot walk, but is large and healthy. Is his food sufficient?

(6) When should the "bottle habit" be broken?

(7) For some months he has taken his milk without sugar. Is he just as well without it? Is not its only use to counteract the acid of fruits?

(8) Would leather shoes aid or retard him in learning to walk? He has never worn shoes except those knit of wool.

ANXIOUS.

*What Cheer, Iowa.*

(1) We do not believe that "heavy hair takes away strength." Heavy hair may be burdensome to weak people by its weight, in the same way that a heavy head-dress might be. Its growth is only weakening in the same sense that all growth may be, and the growth is ordinarily compensated for by food. In any event there is no way of retarding the growth of the hair; cutting only stimulates it, but it may relieve the sense of weight.

(2) You are both right; a common "head-cold" is an acute nasal catarrh. In the case of your child, instead of recovering, it became sub-acute and apparently with a tendency to become chronic.

(3) In addition to the constitutional care allowed to, intelligent local treatment may be of use; but this is beyond domestic practice, it must be directed by a physician who can watch its results.

(4) Probably.

(5) If he takes a quart and a half of milk undiluted, it is sufficient with the other things. Whether he digests it we do not know, but as you speak of him as "healthy" we presume that you see no evidence of indigestion.

(6) As soon as you please. It has no use now.

(7) He probably gets enough sugar from the milk. Sugar does not "counteract" the acid of fruits, it merely disguises it.

(8) If he delayed walking on account of the turning of his ankles, high leather shoes might help. Otherwise we think the knitted ones quite as good, and in some respects better. But when he begins to walk he will make short work with anything softer than leather.

#### **Sore Nipples—Aid in Digesting Sugar—Changing from Long to Short Clothes—Need of Food the first Few Days.**

*To the Editor of BABYHOOD:*

Will you answer the following questions? I have three children and with each of them have had trouble with my nipples. I have used borax

and run beforehand to prevent it, and do not think the trouble is what is usually called sore nipples. The cause of the trouble I think is this: My babies are strong and hearty, my milk is slow in coming, my nipples large, and the babe bites on the nipple without taking it into its mouth far enough. I have suffered more with my last baby when nursing than I did when she was born. I think my nipples are larger than with my first child.

(1) Is there anything I can do to reduce them, or to prevent such pain?

(2) My digestive organs seem to be lacking in ability to digest sugar or sweet things. If necessary I can deny myself such things while nursing, though I like a little sugar on cereals and in some drinks. Is there anything I can take to help me digest sugar?

(3) Is there any danger in changing from long to short clothes in winter if warm stockings are used?

(4) When a mother has scarcely any milk for her babe for three or four days, is it best to feed it or let it cry when it appears to be crying from nothing but hunger? My three babies have been strong, fat babies, weighing ten and a quarter, nine and a quarter, and nine and a half pounds, the first a boy, the last two girls. They have all been very hungry the first few days or a week, and have all lost in weight the first week. I had an idea that it was not well to begin to feed them, but I am beginning to think I ought to have fed them more.

*Westhampton, Mass.*

A MOTHER.

(1) We know of no way of reducing the size. You would better make sure that there is not some crack in the nipple, or some unduly long papillæ. These often cause severe pain and are to be treated under the general rules given for sore nipples.

(2) All stomachic tonics will aid; but we think that it is far wiser to avoid the cause of trouble than to struggle to hold in check a mischief you are as constantly exciting. The sweets are not needed. Your difficulty is a common one.

(3) No, if you are careful that Baby's feet are covered at proper times. But why not begin with short clothes and a lap-blanket if necessary?

(4) Ordinarily food is not necessary. Warm drink suffices to quench the thirst, which more commonly than hunger causes the outcry. Simple warm water usually is enough without milk, but a little may be added if the water fails to satisfy.

#### **Condensed Replies to Various Letters.**

*A Puzzled English Mother.*—You may put on the woven shirt in place of the band at your pleasure. The only value of the band is its warmth.

*L. E. W., Port Huron, Mich.*—Both children would be better for the use of hypophosphites. Several good preparations are sold at pharmacies (for example, Fellows' and McArthur's). Ask the druggist the dose for the chil-

dren of the particular variety he has on hand. The odor of the head may be due to the "souring" of the perspiration in the hair. Careful washing and drying will probably help it.

*Mother of Twins, Montreal.*—It seems to us that the mischief was done longer ago than you thought. The children did well till three months and then weighed more than they now do. Then there was a halt, a partial feeding, and at nine months they were weaned, having no teeth. At the present time—*i.e.*, at twelve months—while still thin, they have each five teeth and a sixth nearly through. They were backward in teething, but in three months have caught up a good deal. This we take to be an evidence that the malnutrition is already in the way of recovery. It seems to us that you have reason rather to trust the physician who has helped you out of a difficulty that was harder than you thought, than to disagree with him. We think we give you the wisest advice in recommending that you trust to his judgment, or if you cannot contentedly do that, consult some one else upon whom you can rely. Such a condition as you describe ought to be cared for by some one who can take note of many things, probably beyond your observation.

*E. A. W., Bryn Mawr, Pa.*—From your letter the cause of the emaciation is not evident. The amount of nourishment in total is much larger than most children of her age can take. Possibly it is not properly assimilated,

and if no other evident cause appears we should look to the question of diet carefully.

*An Anxious Mother, Bucklin, Linn Co., Mo.*—Although the milk and barley-water gives colic, we should not desist until we had made a thorough trial of it, aided, if necessary, with the administration of pepsin to prevent, and the giving of hot drinks, etc., to relieve, the colic. We say this because it is better than any of the other foods you suggest. If after reasonable trial you do not succeed, we think we should try peptonized milk, owing to the child's tendency to bowel trouble. Of the articles you ask about specifically, we would say that we do not think the panada (bread and water mixture) would be good for the child at present. The beef broth we do approve of. The soft-boiled egg we have doubts about, but it may be tried cautiously, watching the effect. The oat and wheat mush we think would still need to be strained through a not too fine strainer, first mixed with the milk hot; but these things should be tried one at a time, each being watched, so that if any one disagrees it may be readily recognized. She may chew the crust of bread, but rice and baked potato must be deferred. The appearance of the function sometimes demands the weaning or partial feeding of the child, more often not, but it should suggest the possibility of other conditions more injurious to the baby. The preparation of hypophosphites is a very good one.



## CURRENT TOPICS.

### Who Deserves the Spanking?

To those who know how to govern other people's children better than the parents themselves do, we commend the following, which is true to the life.

Grace had very curly hair, and it was a great trial to her to have it combed. One day, during this process, she was crying and making a greater disturbance than usual, when her mother said: "What will the neighbors say, when they hear you making such a noise?" Pausing amid her weepings, she said in broken tones: "They'll say, 'Why don't that woman spank that child?'"

Those who have never had any children; or those who have had only very mild-tempered children; or those who, having had children of the adventurous and belligerent kind, have not been conspicuous in their successful manage-

ment of them; or those who, having come off victorious, after a sort, in a series of parental conflicts, have become a little self-complacent and self-righteous over it—all these may find food for thought in this little piece of child philosophy. We think we hear a chorus of such people vehemently crying out: "The child was right! The child knew better than its mother!" But what if the mother had often tearfully and tenderly, or impatiently and angrily, but unsuccessfully, applied the "spanking" process? What if her motherly heart and wit had reached the conclusion that there must be some "more excellent way" of unravelling Grace's curly head and curly temper? Perhaps she is right and these sapient critics are wrong.

We have read of an old preacher who gave it as his opinion that a boy who sat quiet on a stool over ten minutes ought to be knocked off.

Having long since resigned our old-bachelor professorship of parental qualifications, we are not ready, even after years of experience and observation as a father, to express an opinion *ex cathedra* on so grave a matter; we are, however, inclined to accept the old preacher's dictum in this far, that a boy who does not occasionally stir up his parents surely needs a little judicious stirring up himself. But we must not go too far in this direction, or the little girl who suggested this editorial might include us among those officious and uncharitable people who are always so ready to call for the "spanking" process.—*Rev. E. I. D. Pepper, in Christian Standard.*

#### A Promising Citizen gets his Rights.

MEN are not always just or generous, and many times the small boy is a sufferer at their hands. In one of the police courts up town in New York, one morning not long since, a very small boy in knickerbockers appeared. He had a dilapidated cap in one hand and a green cotton bag in the other. Behind him came a big policeman, with a grin on his face. When the boy found himself in the court-room he hesitated and looked as if he would like to retreat, but as he half-turned and saw the grin on his escort's face, he shut his lips tighter and went up to the desk.

"Please, sir, are you the judge?" he asked in a voice that had a queer little quiver in it.

"I am, my boy. What can I do for you?" asked the justice, as he looked wonderingly down at the mite before him.

"If you please, sir, I'm Johnny Moore. I'm seven years old, and I live on One Hundred and Twenty-third Street, near the avenue, and the only good place to play miggles on is in front of a lot near our house, where the ground is smooth; but a butcher on the corner"—and here his voice grew steady and his cheeks flushed—"that hasn't any more right to the place than we have, keeps his wagon standing there, and this morning we were playing miggles there and he drove us away, and he took six of mine, and threw them away off over the fence into the lot; and I went to the police station, and they laughed at me, and told me to come here and tell you about it."

The big policeman and the spectators began to laugh boisterously, and the complainant at the bar trembled so violently with mingled indignation and fright that the marbles in his little green bag rattled together.

The justice, however, rapped sharply on the

desk, and quickly brought everybody to silence. "You did perfectly right, my boy," said he gravely, "to come here. You have as much right to your six marbles as the richest man in this city has to his bank account. If all American citizens had as much regard for their rights as you show, there would be less crime. And you, sir," he added, turning to the big policeman, who now looked as solemn as a funeral, "you go with this little man to that butcher and make him pay for those marbles, or else arrest him and bring him here."—*Exchange.*

#### Decrease in Rural Mortality.

A PRESBYTERIAN clergyman who has served in the ministry for nearly fifty years furnishes some interesting statistics and observations relating to the increasing longevity in the rural districts of Central New York. He has attended five hundred and seventy-three funerals altogether since 1840. The average length of life of the first hundred dead whose funerals were attended was twenty-six and one-half years, seven of these having lived over seventy-years; of the second hundred the average was thirty-six years, and thirteen over seventy years; of the third hundred, the average was thirty-seven, and twenty were over seventy years old; of the fourth hundred the average was thirty-seven, and twenty-eight were over seventy; of the fifth hundred the average was thirty-seven and one-half, and thirty-two were over seventy; and of the remaining seventy-three the average was fifty-eight, and thirty-two were over seventy, the oldest of the seventy-three being the late Levi Hanford, of Walton, who died at ninety-six. These remarkable figures, it should be noted, apply to a farming population from which large numbers of the young folks "go West" or to the big towns, and where the quiet and wholesome environment of rural existence promotes longevity to an unusual degree. The venerable clergyman's records also show that of infants now born fewer die in childhood in proportion to births than died in years gone by. Not as many children are now born in proportion to the population as were born twenty-five or fifty years ago. There are more deaths proportionately caused by drunkenness and by lung complaints in these days than in former years, and these fatalities serve to keep down the comparative scale of longevity below what it would otherwise reach. The increasing length of years attained by the rural population is attributed to the exemption of the present generation from the severe toils and hardships encountered by



their progenitors in clearing up the wilderness, and to the better understanding and observance of the laws of health.—*Medical Record*.

### She Always Had Her Own Way.

WHILE hoarding at the hotel of a health resort, a mother came there with her daughter, whose nervous system was sadly unstrung, so much so that she seemed on the verge of insanity. Educated and fine-looking, she was attractive in personal presence, excepting when her strange, wild moods made her repulsive. Her mother, a woman of quiet, practical cast, was experimenting with her by change of place and treatment, including in the latter even clairvoyance. The case attracted attention from the singular combination of intelligence with an air of lawlessness and independence of maternal control. A single remark of the mother shed light on the painful mystery, when, alluding to her unyielding spirit under uncongenial authority, she said: "*She always had her own way.*"

We were reminded of a statement made by Dr. K—, whose special work in his profession was the treatment, privately, of the insane, that many of the most trying and difficult cases among his patients had been the young people of wealthy and indulgent parents, who were never taught obedience, and were driven by an imperious will which could not brook control, but became more and more exacting in its demands, into a moral insanity, which, sooner or later, included the mental state. What a fact in parental responsibility! And how inexorable the divine law, so benign in its operations when allowed to fulfil its design, in its visitations of penalty if disregarded, whether from unnatural and cruel neglect, or an equally cruel perversion of it by ruinous indulgence. In society, in the home, and in the soul righteous authority, ignored, creates anarchy; and beyond all human restraints, and the surface-dressing of civilization, anarchy is hell.—*P. C. H., in Congregationalist*.

### Lawrence Took a Ride.

"I DON'T take any stock in this abduction business at all," said E. S. Hotchkiss, of South Evanston, about whose baby boy, Lawrence, a harrowing tale was told in a morning paper.

"If anybody had stolen that boy of mine, I bet in a week's time he'd wish he hadn't. That lad can break more things in that time than he'd be worth in the market. I'll tell you the straight of the story, now. The boy will

be three years old in January, but he's big and strong, and as independent as if he were twice as old. Sunday afternoon about three o'clock his mother dressed him and let him play in the yard while she got ready herself to go to my father's. The boy disappeared, and when we found he wasn't at his grandfather's we began to hunt over the town for him from the lake shore to the prairie. I don't suppose South Evanston was ever so thoroughly explored before. The druggist told me a girl about fourteen years old had thought the boy some candy. The last seen of the boy was around the depot. Now, the maid had taken him and the other children into Lincoln Park last week, and he had been so full of his talk about elephants and hears that I didn't put it past him to get on the train himself and come into Chicago. I telegraphed in to the chief, and the boy was found at the Desplaines Street station. Some gentleman had put him in the charge of the officers at the depot, and he had frolicked with them for about an hour. Afraid? No, he wasn't afraid. They gave him a peach and tried to take it away from him by stratagem, but he wouldn't allow it.

"When I went to the Northwestern depot to take him home, he said: 'That's the place,' and climbed aboard alone. All he said about his trip was that he didn't like that other papa, and that the lady (Mrs. Stewart, the matron at Desplaines Street) was awful good to him, because she gave him bread and butter. This morning, when he woke up, he said to Willie: 'Ho! Weddie's 'fraid to climb on 'e cars.'

"I'd like to thank the man who put him in charge of the depot policeman if I knew who he was. While it may look as if the girl who bought him candy was trying to kidnap him, I don't believe in it. I think she'd find she'd caught a Tartar. I think he climbed on the train himself—little rascal! The paper said he was crying for mamma. Well, I tell you he'd have to be pretty well broken down to do that. He'll have his spree out before he cries for mamma. He often stays with friends for days together, and never wants to go home. He can take care of himself all right."—*Chicago News*.

### Wheeled Her Own Baby.

IT was once my lot to board for a few months in a beautiful city. Every pleasant day I wheeled my baby out. On the broad, shady sidewalks which we frequented I used to meet many other baby carriages, their little occupants in charge of girls with snowy caps and



aprons. Hardly a day passed that I was not accosted by some of these girls, and always after the first general chat would come the questions: "Where do you live?" "Say, who do yer work for?" "Whose baby's that?"

The stare of incredulous astonishment which always greeted my quiet answer, "He is my own baby," was very funny.

"She says it's her own baby, and she an't working out for no one!" I overheard one of them tell another, in a tone of perplexed amazement.

"Why did you take me for a nurse-girl? Why shouldn't it be my own baby?" I asked one of them.

"Why, nothing, only—well, the ladies round here don't ever wheel their own babies out," she answered.

"Well, I am a lady, and I wheel my own baby out," I remarked briefly.

That afternoon one of the ladies who never wheeled her own baby out went by with a little shaggy poodle in her arms.—*Presbyterian Banner*.

#### Childhood in Literature.

THERE has been some dissatisfaction expressed in more than one quarter at the prominence given to child life in our present literature. The implication is that the sayings, ideas, and fancies of childhood are reflected too accurately in the books which pour so prodigally from the pen for the entertainment of the rising generation.

It is supposed that the youngsters of our age, boys and girls, are being brought forward too prominently in the writings of a large body of authors who make it their particular *métier* to amuse infancy and early childhood. It would almost appear from the semi-indignant tone of the press in certain quarters as if the church catechism, the alphabet, and the primer were the only suitable pabulum for babes and sucklings, and that it was an enervating luxury that was being provided for them in these stories of little boys and little girls, of Lord Fauntleroy and his feminine counterparts, little miss this or little lady that; as if the harmless jingle that accords so well with the rattle, and the merry rhyme which is only half articulate, like a baby's speech, were a sin against propriety, right education, and the dignity of our species.

We do not consider for a moment that merely prim college dons, puritans, or prigs are the authors of all these serious arraignment

of baby literature, baby adventure, and baby talk. We hold, on the contrary, that many wise and learned persons and many religious persons may have the same views. At the same time we do not believe that they have sufficiently considered the question. Perhaps they do not possess babies, or possessing do not appreciate or understand them. Nevertheless, these same persons will doubtless be found reading books whose topics run in the line of their own thought; they will relish an account of experiences which are paralleled by their own; their own mental or spiritual struggles, their earthly ambitions, their religious purposes they delight to see reflected in literature. Each seeks himself in literature because he can understand what he has experienced or is capable of experiencing. Literary interest has its root in sympathy. Now it seems to us that this is sufficient answer to the condemnation of child life and child language as exhibited in children's literature. Children love to see depicted the moods, words, and actions which they can understand because these are like their own, and so do children of a larger growth. So long as children's books please children and are written in conformity with the ethics of literary art they are good books for children, and may serve the very highest purpose of refining, stimulating, and guiding opening minds, although they may be babyish in language and trifling in plan to the sober and dulled ear of maturer age.

Moreover, even if the so-called child literature was never read by children themselves, it would, in our opinion, have a perfectly legitimate reason for being, for in such writing the man who reads is brought face to face with his old child-self, and this contact must have magnetism and warmth, must be indeed a beautiful and quickening influence.

The world would be a sorry place were there no little children in it, says Whittier, and we may say the same of literature. If the writer can dream himself back to youth and be a boy again, there must be many a responsive heart which will beat the faster in reading what he has written, although its owner, like himself, has put long years of living, of glad and sorrowful experience, between his present self and the golden time whereof he tells.

By all means, then, let us have this kind of literary production, whether from the point of view of the child, who laughs gleefully as he reads or from that of the man who over the same book suffers through his tears.—*The Churchman*.

“COMPOSITE” PHOTOGRAPHY.



“Don't you think it would be better for my husband to hold her in his lap? She seems afraid to sit alone in a strange place.”

The suggestion is found a good one, and the artist pronounces the sitting a success.

Startling result in the finished work.  
—*Harper's Bazar.*









